



2012

New Year Skills Clinic

AAA/ AA / A/ B - January. (2-4)

@ Sharks Ice at San Jose

COST: \$155 per player for 3 days

Sean Castagna Jr. Sharks Pee Wee 99AAA head coach, former NCAA Division III player and Power Skating instructor/skill development with Cathy's Power Hour Skating School. **Mike Janda**, former NAHL, USHL and Rochester NCAA Division 1, will conduct high impact skills development. The clinics are open to all players Squirt through Midget, (B, A, AA, players).

Groups will be run through many different hand and feet drills as well as player interaction. Group size will be limited to 40 skater plus 4 goalies. This will insure that there is a good work rest ratio for players.

Groups/Times

Monday January 2nd

10:00-11:00am East rink	Birth year (02-99) – Ice session
11:30-12:15pm	Birth year (02-99) – Talk/lunch
12:30-1:30pm East rink	Birth year (02-99) – Ice session
1:45-2:30pm	Birth year (02-99) – off-ice training

11:15-12:15pm East rink	Birth year (93-98) – Ice session
12:45-1:30pm	Birth year (93-98) – Talk/lunch
1:45-2:45pm East rink	Birth year (93-98) – Ice session
3:00-3:45pm	Birth year (93-98) – off-ice training

Tuesday January 3rd

10:00-11:00am East rink	Birth year (02-99) – Ice session
11:30-12:15pm	Birth year (02-99) – Talk/lunch
12:30-1:30pm East rink	Birth year (02-99) – Ice session
1:45-2:30pm	Birth year (02-99) – off-ice training

11:15-12:15pm East rink	Birth year (93-98) – Ice session
12:45-1:30pm	Birth year (93-98) – Talk/lunch
1:45-2:45pm East rink	Birth year (93-98) – Ice session
3:00-3:45pm	Birth year (93-98) – off-ice training

Wednesday January 4th

10:00-11:00am South rink	Birth year (02-99) – Ice session
11:30-12:15pm	Birth year (02-99) – Talk/lunch
12:30-1:30pm South rink	Birth year (02-99) – Ice session
1:45-2:30pm	Birth year (02-99) – off-ice training

11:15-12:15pm South rink	Birth year (93-98) – Ice session
12:45-1:30pm	Birth year (93-98) – Talk/lunch
1:45-2:45pm South rink	Birth year (93-98) – Ice session
3:00-3:45pm	Birth year (93-98) – off-ice training

Registration is limited, please sign-up @ Sharks Ice front desk or online at www.sharksiceatsanjose.com Make check payable to Sharks Ice. Any questions call Matt Adams at (408) 999-6760 or Robert Savoie at (408) 999-6754.