

### WHY LEAVE DEVELOPMENT SPECIFICS

- COST  
\$575 IF SIGNED UP BEFORE APRIL 15  
\$675 IF SIGNED UP AFTER APRIL 15
- WEEKS AND DAYS  
MAY 24-JULY 1 (6 WEEKS)
- SIGN UPS  
MAKE CHECKS OUT TO  
SHARKS ICE  
OR BY CREDIT CARD  
ALL SIGNUP IS HANDLED THROUGH  
SHARKS ICE, FRONT DESK
- <http://www.sjrsharks.com/>
- <http://www.sharksiceatsanjose.com/> (online  
Registration)

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY \_\_\_\_\_ ST \_\_\_\_\_ ZIP: \_\_\_\_\_

2009-10 TEAM: \_\_\_\_\_

HOME PHONE \_\_\_\_\_ WORK \_\_\_\_\_

DOB \_\_\_\_\_ HT \_\_\_\_\_ WT \_\_\_\_\_

PARENTS NAMES: \_\_\_\_\_

SHARKS ICE  
PRESENTS

## "WHY LEAVE" DEVELOPMENT CAMP



INSTRUCTED BY  
DEREK EISLER  
Strength Jay Thomas

## ON ICE/OFF ICE PROGRAM

- THE PROGRAM HAS BEEN DESIGNED TO BE PROGRESSIVE IN NATURE AND CONTINUE TO CHALLENGE THE PLAYERS EVERY SESSION.
- WE WILL ENHANCE THE SIMPLE SKILLS OF SKATING, PASSING, SHOOTING, AND PUCKHANDLING
- WE WILL MOTIVATE YOUR CHILD WITH POSITIVE ENCOURAGEMENT TO PUSH TO LIMITS, NOT COMFORT
- TRAINING SESSIONS (5hr PER WEEK) ARE POSITIVE AND CHALLENGING EXPERIENCE FOR PLAYERS OF ALL AGE GROUPS
- NO GIMMICKS WILL BE USED, TIRES, PUCKS, PLAYER, IT IS UP TO THE PLAYER TO DEVELOP THROUGH ON THE FLY COACHING AND MOVEMENT
- GOALTENDING GROUPS ICE ONCE A WEEK PER SESSION (LAST YR TUES)
- SPEED AND CONDITIONING SESSIONS WILL TEACH THE PLAYER CORRECT SPRINTING AND AGILITY MECHANICS TO DEVELOP THEIR EXPLOSIVE STARTS, IMPROVE THEIR SPEED AND CHANGE OF DIRECTION SKILLS AND HOCKEY SPECIFIC CONDITIONING.
- STRENGTH SESSIONS WILL TEACH THE PLAYERS CORRECT LIFTING MECHANICS FOR ALL LIFTS, WITH AN EMPHASIS ON THE OLYMPIC LIFTS. THE SESSIONS WILL ALSO DEVELOP THEIR FULL BODY STRENGTH.

## PROGRAMING/GROUPS

### GROUP ONE

ALL 95-90 BORN  
ICE—9:30-10:45PM  
STRENGTH—8:15-9:15PM

### GROUP TWO

ALL 95-90 BORN  
ICE—8:00-9:15PM  
STRENGTH—6:05-7:05PM

### GROUP THREE

ALL 97-96  
ICE—6:30-7:45PM  
STRENGTH—5:00-6:00PM

### GROUP FOUR

ALL 99-98  
ICE—5:00-6:15PM  
STRENGTH—7:10-8:10PM

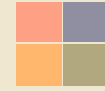
ALL SKATERS MUST SKATE AND BE SIGNED UP WITH RIGHT AGE GROUPS, EXCEPTION IS GOING TO BE HELD WITH GROUP ONE, DUE TO EXPERIENCE OF PLAYING LEVEL. AGE GROUPS CAN BE MOVED.





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