

# SUMMER CAMPS 2010

JULY

July 5 – 9 **1A CHECKING & SHOOTING CAMP** • Ages 11-14  
Windsor Ice Park • 10AM – 12PM • Cost \$210.00 + HST

Each player will be given 5 hrs of receiving hits, making & engaging contact and developing puck protection skills. We will devote 5 hrs of shooting (slap, wrist, snap & backhand) - this will make the player more dangerous when ready to score or get the puck out when counted upon.

July 12 – 16 **2A BACKWARDS SKATING & SHOOTING CAMP** • Ages 8-10  
Windsor Ice Park • 9AM – 11AM • Cost \$210.00 + HST

**2B BACKWARDS SKATING & SHOOTING CAMP** • Ages 11-14  
Windsor Ice Park • 11AM – 1PM • Cost \$210.00 + HST

Each player will receive 5 hrs of backwards skating & agility. We will devote 5 hrs of shooting (slap, wrist, snap & backhand) - this will make the player more dangerous when ready to score or get the puck out when counted upon.

July 26 - 30 **3A ADV. SKATING, PUCKHANDLING & AGILITY** • Ages 8-10  
LaSalle Vollmer Complex • 8AM - 2 PM • Cost \$375.00 + HST

**3B ADV. SKATING, PUCKHANDLING & AGILITY** • Ages 11-14  
LaSalle Vollmer Complex • 8AM – 3PM • Cost \$375.00 + HST

Each player will receive 15 hrs of on ice instruction. We will be focusing on key areas such as inside edge, outside edge, agility, forwards & backwards skating. Every player will develop Puckhandling skills to make their confidence excel when deking, scoring and making nice moves in tight areas.

AUGUST

**PERSONAL DEVELOPMENT CAMP** • Limited to 12 Players • Ages 7– 15  
LaSalle Vollmer Complex 8 :30am -3PM • Cost \$775.00 +HST

**4A** August 2 – 6

**5A** August 9 – 13

**6A** August 16 – 20

**7A** August 23 – 27

Aug 30 – Sept 2 **FULL TILT SKILLS PRE-SEASON CONDITIONING CAMP**  
LaSalle Vollmer Complex • 8am - 2pm • Cost \$295 + HST  
Day Rates Available • Includes 3 Hours on Ice & Wave Pool

**8A** Ages 7 – 10

**8B** Ages 11 – 14 **Full Tilt Skills Checking and Conditioning Camp**

*What a great way to get ready for the hockey season!*



**Jimmy Sonmez**

- President/Founder
- 4 Years University UPEI
- 3 years OHL, Sudbury Wolves, Belleville Bulls
- 1 year Professional Hockey, Central League
- Coach AAA, Alliance
- 12 Years experience teaching hockey development
- Speak out Program
- LaSalle Vipers JR B Player Development 2008 to present



**John Nelson**

- Bachelor of Arts, Sociology, UPEI
- NHL Draft Pick, Buffalo Sabres
- St.John's Maple Leafs, parts of one season
- 4 years Professional Hockey, UHL, Port Huron, Saginaw
- 4 years OHL, Toronto Marlboros (Team Captain), Kingston Frontenacs
- Coach AAA Level, Alliance
- 16 Years experience teaching hockey development.
- Speak out Program
- Currently LaSalle Vipers Head Coach 08-present
- 2010 Sutherland Cup Champions

*Come out of the gates fast, have confidence and impress your Coaches and Teammates. Participate in a high intensity atmosphere with FIRST class skill development.*

ProvenPerformanceHockey.com 2010

[www.provenperformancehockey.com](http://www.provenperformancehockey.com)