

# **PERFORMANCE HOCKEY**

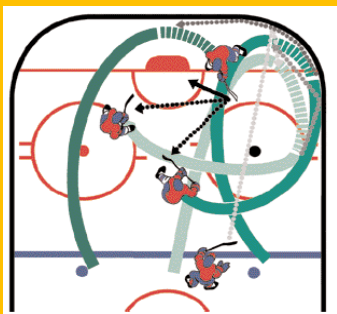
## **2018 SUMMER CAMP**



Great Value – Great Programs – Great FUN!!!!



**Over speed Training**



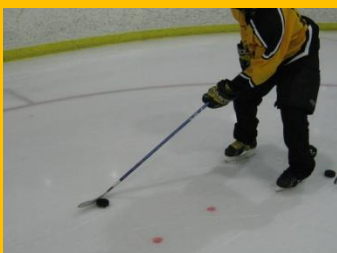
**Team Play Concepts**



**Explosiveness Training**



**Sport Strength Training**



**Quick Hands**

**3 weeks for the price of 1!**

Great flexibility with your summer sports schedules and Family activities. Miss a day or a week and still get a Great Value, and Great Training and Development!

### ***High Intensity Day Camp***

June 11<sup>th</sup> through June 29<sup>th</sup>

Hutchinson MN – Burich Civic Arena

STAFFED BY AREA COACHES

**On-Ice** Power Skating - Puck Control  
Scoring - Team Play Concepts

**Off-Ice** Agility - Quickness - Strength  
Core Training - Shooting - Stick Handling  
Off-ice GAMES - Swimming, and more.

<b>MITE</b>	M-F 12:15PM – 1:00PM
<b>SQUIRTS/LYM</b>	M-F 7:45AM – 12:00PM
<b>PW's /15U</b>	M-F 7:45AM – 12:00PM
<b>10U/12U</b>	M-F 7:45AM – 12:00PM
<b>BANTAM</b>	M-F 1:15PM – 2:15PM

Mites	10U/12U	SQ/LYM	PW/15U	BNTM
\$150	\$300	\$300	\$300	\$150
Goalie - Call				

**Register Online**

**[www.hutchhockey.org](http://www.hutchhockey.org)**

# SKATE SCHOOL

## PRCE SKATE SCHOOL

**Dates:** June 11- 28  
Monday-Thursday

**Fee:** \$28/week, \$56/2 weeks OR \$78 for all 3 weeks

<u>Course</u>	<u>Time</u>	<u>Level (choose one)</u>
#181850SU1	2:45-3:15 pm	Tots (ages 3-5) / Pre-Alpha / Alpha
#181850SU2	3:20-3:50 pm	Beta / Gamma / Delta

- ◆ **Class sizes are limited.**
- ◆ **Tot skaters must:** be 3 years old to participate & wear a helmet (bike, hockey or other).
- ◆ **Pre-Alpha & up:** must be 6 years old and have had previous skating experience.

Summer lessons are a great opportunity to get back on the ice to continue improving your skills for winter session. Experienced instructors will provide guided instruction utilizing the Ice Sports Industry (ISI) development program.  
\*\* Remember to check your skates for proper fit and blade sharpness.

## HFSA SUMMER ICE

Please see full details and register online at:  
[www.hutchfigureskating.org](http://www.hutchfigureskating.org)

*All Sessions are offered by last level passed*

### Week #1: June 11 - June 15 Monday – Friday

- 4:00-4:30pm Moves in the Field
- 4:30-5:00pm Private Ice
- 5:00-5:30pm Uncaptured Moves/Choreography
- 5:30-6:00pm Private Ice

### Week #2: June 18 - June 22 Monday – Friday

- 4:00-4:45pm Private Ice
- 4:45-5:15pm FS1-3 Freestyle
- 5:15-6:15pm Private Ice
- 6:30-7:00pm Cardio & Strength Class (all levels—on ice)
- 7:00-7:30pm FS 4 & Up Freestyle

### Week #3: June 25 - June 29 Monday – Friday

- 4:00-4:30pm FS 1-3 Jump & Spin
- 4:30-5:30pm Private Ice
- 5:00-5:30pm FS4 & up Jump & Spin
- 5:30-6:00pm Private Ice

### Testing

Thursday, June 28: 4:00 - 5:00 pm  
\$20 non-refundable fee (6 skater minimum required to have testing)

### Summer Exhibition

Thursday, June 28: 5:00-6:00 pm  
ALL HFSA skaters are welcome!

***Any session, testing or exhibition will be combined or cancelled if skater registration is too low.***



**HFSA COACHES** are available for lessons during HFSA ice time. Private lessons are contracted directly with an individual HFSA coach. Only HFSA coaches may coach on HFSA purchased ice. Please contact any of the following HFSA coaches if your skater is interested in private lessons:

**Leslie Alberts:**  
Cell: 320.583.3195  
E-mail: [leslie\\_kay12@hotmail.com](mailto:leslie_kay12@hotmail.com)

**Amber Erickson:**  
Cell: 612.986.8043  
E-mail: [aamunoz33@gmail.com](mailto:aamunoz33@gmail.com)

**Allison Heilman:**  
Cell: 320.583.8407  
E-mail: [heilmanallison@yahoo.com](mailto:heilmanallison@yahoo.com)

**Gina Plotz:**  
Cell: 320.420.3467  
E-mail: [hfsa.director@gmail.com](mailto:hfsa.director@gmail.com)

**Andrea Schwartz:**  
Cell: 320.583.7746  
E-mail: [aschwartzrae@gmail.com](mailto:aschwartzrae@gmail.com)

Photo Courtesy of Arlyn DeBruyckere