

MESSURI'S

Skating & Skills

Kick Start Your Hockey

Season!!

SUMMER HOCKEY SCHOOL
2007

Week One – Full Camp:
AUGUST 20 – 24

Week Two- Mini Stickhandling Camp
AUGUST 27 – 31

O'BRIEN ARENA
WOBURN

*Messuri's Skating and Skills 2007
Summer Camp*

Our 17th season

Summer Camp

Dry Land Training in Week 1

On Ice Training in Week 1

Stick handling Mini Camp in Week 2

Sharpen your skills with: stick handling, passing, agility, balance, over speed, and Conditioning drills.

Increase cardiovascular condition with Dry-land training.

Many of the same drills adopted by High school practices will be used. Such drills will help increase foot speed, Acceleration, puck control, and body Position.

Week 1 Only 8/20-8/24 Cost \$425

Week 1&2 8/27-8/31 Cost \$525

Week 2 ONLY IS NOT A OPTION

General Information for all Applicants

All Applications Due July 15, 2007

Non Refundable Deposit of \$50 due with application Balance due first day of camp.

Make checks payable to John Messuri.

The basics of skating will be stressed. We will begin with the proper stance that ensures optimal balance and proceed on how start from that position. From here our players will learn how to maintain the proper posture while reaching top speeds.

The basic of stick handling will show players how important the grip is. Stick handling basics will also teach how important cupping the puck for control.

The Skating Drills will emphasis increase foot speed. Comfort zone training and acceleration. Many of the same drills adopted in High School practices will be used. Players should be prepared for very intense workouts.

About Coach Messuri

Head Coach Winchester High School

'98, '00 Coach of the Year (HNIB)

'06 & '01 Middlesex League Champs

2006 Super 8 Elite Tournament Participant

'01 1st public school seeded #1 in Super 8

'98, '00 Division 1 State Champs

85-86 ECAC/IVY League Rookie of the YR

88-89 ECAC/IVY League Player of the YR

4 time ECAC All-Star

Princeton University All-Time Leading Scorer

Name: _____ Age: _____ Phone #: _____
Address: _____

Full Camp Week 1 - 7:45 am to 12 noon @The O'Brien Arena
Mini Stick Handling Camp Week 2 - 8:30 am to 10:00 am @The O'Brien Arena

Please circle age: mite/squirt/pee wee/bantam/high school

ONE WEEK ONLY

August 20-24 Cost \$425

BOTH WEEKS Combined

August 27-31 Cost \$525

Mail application and \$50 non refundable deposit payable to:

**JOHN MESSURI 14 ARROWHEAD LN ARLINGTON MA 02474 617
480 2279**

IN CONSIDERATION OF MY CHILD ENROLLING IN MESSURI'S SKATING & SKILLS, I AGREE TO INDEMNIFY AND HOLD HARMLESS MESSURI'S SKATING & SKILLS AND ALL THEIR OFFICERS, AGENTS, EMPLOYEES AND PARTICIPANTS FROM ALL CLAIMS, LIABILITY, LOSS DAMAGE AND EXPENSE WHICH MAY, IN ANY WAY ARISE FROM MY CHILD'S PARTICIPATION IN THIS PROGRAM. IN THE EVENT OF INJURY OR ILLNESS, MESSURI'S SKATING & SKILLS HAVE MY PERMISSION TO ACT ACCORDING TO THEIR BEST JUDGEMENT.

PARENTS SIGNATURE: _____