

***Colin Muldoon's Spring Skill Camp
2017***

**Peewees, Bantams, Midgets
10-1.5 Hour On Ice Sessions
Plus Dryland TRAINING
Calendar Below**

Program Overview:

- A. Combination Puck and Skating Skills
- B. Checking/Body Contact
- C. Shooting
- D. Position Specific Skills
- E. Small Games

-Call with any questions about the program

Off-Ice Features:

The off-ice training program is designed to improve each player's strength, power, agility, quickness and endurance. Colin's staff will conduct a demanding dry land training session that will include plyometrics, quick foot movement, designed to improve explosiveness and agility.

Location: Ice Plex – Raleigh, NC

Fee: The cost for the Colin Muldoon Spring Camp is **\$495.00**. We also offer a 10% sibling discount. The three week AAA camp is **\$325.00**

******Goalies** will sign up directly with Rich Shulmistra, he can be reached at: Richard@Shulmistra.Com or (919) 656-5511

Muldoon Spring Hockey Calendar

March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DL=Dryland OI=On Ice			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17 SE Districts	18 SE Districts
19 SE Districts	20	21	22	23	24	25
26	27 MIDGETS On Ice 7:30-9PM Dryland 9:15-9:35PM	28	29 MIDGETS On Ice 7:30-9PM Dryland 9:15-9:35PM	30	31	

April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 PeeWee/BANT AMS On Ice 5:45-7:15PM Dryland 7:30-7:50 MIDGETS On Ice 7:30-9PM Dryland 9:15-9:35PM	4	5 PeeWee/BANT AMS On Ice 5:45-7:15PM Dryland 7:30-7:50 MIDGETS On Ice 7:30-9PM Dryland 9:15-9:35PM	6	7 USA Nationals	8 MIDGETS On Ice 7:30-9PM Dryland 9:15-9:35PM
9 USA Nationals	10 Midget Tryouts	11 Midget Tryouts Public School Spring Break	12	13 Public School Spring Break	14 Public School Spring Break	15
16 Easter Sunday	17 PeeWee/BANT AMS On Ice 5:45-7:15PM Dryland 7:30-7:50	18 Catholic School Spring Break	19 PeeWee/BANT AMS On Ice 5:45-7:15PM Dryland 7:30-7:50	20 Catholic School Spring Break	21 CAHA Catholic School Spring Break	22 CAHA
23 CAHA	24 PeeWee/BANT AMS On Ice 5:45-7:15PM Dryland 7:30-7:50	25	26 PeeWee/BANT AMS On Ice 5:45-7:15PM Dryland 7:30-7:50	27	28 Tier 1 Tryouts	29 Tier 1 Tryouts
30 Tier 1						

Tryout						
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May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	1	2	3 MIDGETS On Ice 7:30-9PM Dryland 9:15-9:35PM	4	5	6
7	8 PeeWee/BANT AMS On Ice 5:45-7:15PM Dryland 7:30-7:50 MIDGETS On Ice 7:30-9PM Dryland 9:15-9:35PM	9	10 PeeWee/BANT AMS On Ice 5:45-7:15PM Dryland 7:30-7:50 MIDGETS On Ice 7:30-9PM Dryland 9:15-9:35PM	11	12 SE Districts	13 SE Districts
14 Mother's Day SE Districts	15 PeeWee/BANT AMS On Ice 5:45-7:15PM Dryland 7:30-7:50 MIDGETS On Ice 7:30-9PM Dryland 9:15-9:35PM	16	17 PeeWee/BANT AMS On Ice 5:45-7:15PM Dryland 7:30-7:50 MIDGETS On Ice 7:30-9PM Dryland 9:15-9:35PM	18	19 Tier 2 Tryouts	20 Tier 2 Tryouts
21 Tier 2 Tryouts	22	23	24	25	26	27
28	29 Memorial Day	30	31			

HOCKEY APPLICATION

Colin Muldoon Training

6120 Yates Mill Pond RD
Raleigh NC 27606
Phone: (919) 427-9664
sk8colinmuldoon@gmail.com

2017 SPRING CAMP

Attendee Name: _____
Mom's Cell: _____ Dad's Cell: _____
Birth Date: _____ Age: _____
Mom Name: _____ Dad
Name: _____
Email Address:
Mom _____
Dad _____

Note: Confirmation will be sent to the email address provided.

Please send registration form with \$200 deposit to:

Colin Muldoon
6120 Yates Mill Pond RD
Raleigh NC 27606
Phone: (919) 427-9664

