

Daily Activity Schedule

Skaters will be split by age and ability based on enrollment. Daily activities include but are not limited to:

- Daily Power Skating - full hour session daily
- Stick Handling & Shooting Drills
- Speed and Agility Training - dry land training with Coach Quader
- Video Sessions
- Game Situations
- Daily Scrimmage
- Small Games & Skills Stations
- Skills Competition (speed, radar and accuracy)

FULL EQUIPMENT IS REQUIRED!

Campers need to pack a lunch or bring money to purchase food at the Penalty Box Café.

IMPORTANT NOTES Registration is limited. A \$15 discount is available for all current **Bowie Hockey Club** members. Late registrations may or may not be accepted depending on the space availability. Late registrations are subject to a \$10 late registration fee.

Interested goalies should contact Carrie Robertson at crobertson@cityofbowie.org. Before and aftercare is not available; however, there will be Stick & Puck and/or Public Skating Sessions following camp every day. Please send money if your skater plans to attend these sessions.

Bowie Ice Arena
C/O City Hall
15901 Excalibur Road
Bowie, MD 20716

Hockey Development Camp

Bowie Ice Arena
Summer 2016



August 8-12
from
8 am-3 pm

Bowie Ice Arena
located in
Allen Pond Park
3330 Northview Dr
Bowie, MD 20716
301-809-3090
www.cityofbowie.org

Hockey Development Camp

Coaching Staff

Bowie Ice Arena is proud to announce the coaching staff for the summer Hockey Development Camps. These coaches possess strong hockey knowledge and the desire to bring your skater to the next level of hockey. Bowie Ice Arena reserves the right to change the coaching staff and/or add special guest coaches.

Dean Melanson

Dean is a former NHL player who was drafted by the Buffalo Sabres in 1992. He played for the Rochester Americans prior to playing with the Sabres. He also played for the Washington Capitals during the 2001-02 season. He played over seas and is now retired. He also works as an instructor with Craig Laughlin's Network Hockey Development Program during the summer months. He currently coaches with the Carolina Jr. Hurricanes in North Carolina where he lives with his family.

Jim Catterton

Jim grew up playing hockey with the Bowie Hockey Club. He has five years of experience coaching teams with the Bowie Hockey Club as well as the former Chesapeake Chiefs. Coach Jim also teaches the Bowie Ice Arena's Hockey Skills Class.

Coaching Staff Continued . .

David Quader, Jr

Coach Q returns for another summer as our off ice strength and conditioning coach. David grew up in Bowie and played hockey at Chesapeake, Bowie and the Washington Little Caps. He looks forward to continuing to work with the players off ice to improve their speed, strength and agility as hockey players and athletes and to educate them on the importance of strength and conditioning for hockey. Coach Q will also be joining in as an on ice instructor following daily dry land training.

Clark Mowrey

Clark played hockey for the Bowie Hockey Club until age 14. He also played for the Little Caps and the Junior Caps until age 18. He went on to play at Ridley College in Ontario. Clark has been instrumental with the Bowie Hockey Club's grass roots program coaching at the Mite recreational and Squirt travel level and helping with the BHC instructional program. During the 2015-16 season, he coached a successful BHC Peewee AA team that finished in 1st Place in the CBHL Peewee National division and advanced to the SE District Tournament in South Carolina where they had a strong showing.

Hockey Development Camp 8 am- 3 pm

I would like to register for: \$305 per week (\$290 BHC)

August 8-12

What age division will skater play in during 2016-17:

U8 (Mites) U10 (Squirts)
 U12 (Peewees) U14/U16 (Bantam/Midget)

Previous Team Experience is required!

Name

Address

E-Mail

Date of Birth

Phone #

Terms and Conditions: Refunds requested in writing, received 14 days prior to the first day of camp will be processed less a \$25.00 administration fee. As a condition of enrollment, the parent/guardian agrees to indemnify, release and hold harmless the City of Bowie Ice Arena and it's instructors for any injury the skater, his or her children, or guests might receive on the premises, and further agree that this shall be a complete bar to any claim for personal injury.

Check # _____ Cash _____

Credit Card (Visa, MasterCard, American Express or Discover)

Card Holder's Name

Credit Card #

Exp. date

Signature

Mail registration to: Bowie City Hall - 15901 Excalibur Rd, Bowie, MD 20716 For information or to register a goalie contact Randy Richardson at richardson@cityofbowie.org or 301-809-3092. Please make checks payable to: City of Bowie.