

## About the Program

9 Sundays, September 9 - November 4

Boys & Girls in Grades 7 - 9 (Fall 2018)

- Off-Ice 6 PM
- On-Ice 6:50 - 7:50 PM

## Cost

**\$350** includes 9 hours of ice, plus 4 hours of seminars, t shirt, practice jersey.

**\$50** non-refundable deposit is due with application to reserve a spot.

*Space is limited to 30 skaters per session and will be on first-come, first-served basis.*

## Director

**Chris Kuchar**

Andover High School Varsity Coach 2015 - present

- 2018 HNIB/Jr-Sr/Jr High/Summer Showcase Coach
- 2018 Super 8 Selection
- 2017 Division I North Finalist
- 2016 MVC Division I Coach of the Year
- 2016 MVC Champions
- 2016 Division One North Quarterfinals
- 2015 Division I North Semi-Finalist

**4 Consecutive Boston Herald All-Scholastics players coached.**

College Players: Boston College, Clemson, George Washington University, Ole Miss, Roger Williams, Saint Anselm, UNH.

Amesbury High School Head Coach 2010-2014

North Andover High School Asst Coach 2009

Haverhill High School Asst Coach 2000-2007



## Warrior Hockey School

*presented by Andover High Hockey Coach  
Chris Kuchar and the staff of AHS Hockey*



**SUNDAYS NIGHTS**

**September 9 - October 28**

**Phillips Academy Rinks, Andover, MA**

**BOYS & GIRLS Grades 7 - 9**

## Philosophy

Warrior Hockey School is a fun and interactive learning environment for players in grades 7 - 9. What separates Warrior from other camps is the off-ice instruction. Our goal is to prepare potential candidates for high school, prep or college hockey by providing them with the information they can use that will give them an advantage over their competition.

## Register today!

Name \_\_\_\_\_

Age \_\_\_\_\_ Grade \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_ Zip \_\_\_\_\_

Parent / Guardian \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

EMAIL \_\_\_\_\_

Shirt Size (adult sizes): S M L XL

Gender: \_\_\_\_\_ GIRL \_\_\_\_\_ BOY

I hereby request that my child, named above, to the Warrior Hockey School, authorize the Director to act for me according to his best judgment in any emergency requiring attention at a time when the parents cannot be reached.  
If your child has any allergy or medical conditions we should know about, please accompany a letter of explanation with this application.

Up-to-Date Immunization Form Enclosed:

\_\_\_\_\_ Yes \_\_\_\_\_ No

Please sign, parent or legal guardian.

**Mail** non-refundable deposit, completed registration and immunization forms to:

Warrior Hockey School

Coach Chris Kuchar

7 Arbor Lane, Plaistow, NH 03865

## Questions?

Please contact Coach Chris Kuchar

603.395.0538 or [coachkuch09@gmail.com](mailto:coachkuch09@gmail.com)

## Warrior Hockey School Features

9 weeks of ice at the beautiful Phillips Academy Campus Rinks, Andover, MA.

### • Limit of 30 Skaters

(first-come, first-served basis).

### • High Coach-to-Camper Ratio

Varsity High School players will be on

the ice as counselors and on-ice

coaches.

### • Off-Ice Lectures and Seminars with

high school, college, and prep school

coaches (parents are welcomed and

encouraged to attend the Off-Ice

Seminars).

### • On-Ice

Edgework, Balance, Overskating, Stride

Development, Small Area Games,

Stickhandling, Passing, Shooting, Basic

Hockey Concepts for high school-level

play.

### • Program T-Shirt

### • Program Hockey Jersey

(Sponsored by TSR Hockey)

## Off-Ice Seminar Topics

- **Leadership**  
What makes a good leader, what do coaches look for.

### • Advocating

How to communicate with your coach

about playing time, missing practice, not

understanding drills or team concepts.

### • Coach/Player Communications

How to open up a dialogue with your

coaching staff/captains. Creating a

culture of team at all grades and skill-

sets.

### • Health / Nutrition / Rest

What to eat, what not to eat, how to

maintain proper weight, the importance

of rest, the importance of hydration.

### • Time Management / Academics /

Family / Team Work

### • Weight Training / Maintenance

How to get started, what to do, proper

lifting techniques, foam rollers.

### • Recruiting

How do you get on a school's radar, what

does a coach do when he receives your

email showing interest in their school,

what do coaches look for in recruits, how

to follow up.

### • The High School Life

Chemical Health violations, social media, fitting in, do's & don'ts and how to avoid

situations. What will you miss.