

REGISTRATION

Name of Participant: _____
 Age: _____ Date of Birth: _____
 Parents Name(s): _____
 E-Mail Address: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Home #: _____ Work#: _____
 Emergency#: _____
 Position: _____ 09/10 Team: _____

CAMPS ATTENDING
 Score a Hat-Trick: For every two camps you attend receive 25% off your 3rd!!!!

Camp Name: _____ Date: _____ Cost: _____

Camp Name: _____ Date: _____ Cost: _____

Hat Trick Camp: _____ **Date:** _____ **Cost:** _____

Camp Name: _____ Date: _____ Cost: _____

Camp Name: _____ Date: _____ Cost: _____

Hat Trick Camp: _____ **Date:** _____ **Cost:** _____

Camp Name: _____ Date: _____ Cost: _____

Camp Name: _____ Date: _____ Cost: _____

Hat Trick Camp: _____ **Date:** _____ **Cost:** _____

TOTAL: _____

Registration is on a first come, first serve basis and camp space is limited. 50% of tuition is due with registration. Balance is due by May 15, 2010. STR holds the right to a no-refund policy, regardless of the student or parent reason for cancellation.

PLEASE MAKE CHECKS PAYABLE TO "STR"

Methods of payment: **Prior to May 15**

Please print driver's license info. and phone number on all checks. (2 checks due with registration, please send post dated check for May 15) 50% of total tuition.

Balance Due: Check payable to STR or Credit Card

Visa or Master Card # _____

Expiration: _____ Signature: _____

AGREEMENT/ WAIVER

I AGREE I SHALL PROVIDE HEALTH INSURANCE OR OTHER APPLICABLE INSURANCE TO COVER ANY PERSONAL INJURY AND/OR PROPERTY DAMAGE SUSTAINED BY OR TO THE STUDENT WHILE PARTICIPATING IN THE ACTIVITIES OF THE HOCKEY SCHOOL AND CAMP HELD ON THE PREMISES OF THE STAMFORD TWIN RINKS. I/WE UNDERSTAND THE INHERENT RISKS INVOLVED IN THE SPORT OF HOCKEY WHILE PLAYING AND/OR OBSERVING AND I/ WE UNDERSTAND THE RISKS MAY INCLUDE SERIOUS INJURY, PARALYSIS AND EVEN DEATH. I HEREBY RELEASE AND FOREVER DISCHARGE THE STAMFORD TWIN RINKS AND/OR THEIR STAFF FROM ALL DEMANDS, CAUSE OF ACTION, SUITS OR LIABILITIES FOR PERSONAL INJURY AND/OR PROPERTY DAMAGE AND/OR NEGLIGENCE OF WHICH I /WE OR MY CHILD WAS A PARTICIPANT IN THE SAID PROGRAM(S).

I HAVE FULLY READ AND UNDERSTAND THE TERMS OF THIS WAIVER AND RELEASE IT VOLUNTARILY. IN THE EVENT OF AN ACCIDENT OR ILLNESS, THE FACILITY HAS MY PERMISSION TO PROVIDE AND ADMINISTER EMERGENCY FIRST AID. STR AND THEIR STAFF ARE NOT RESPONSIBLE FOR ANY LOST OR BROKEN EQUIPMENT OR ANT EXPENSED INCURRED WHILE PARTICIPATING IN THE STR PROGRAM(S).

PARENT NAME(PRINT): _____

PARENT SIGNATURE: _____ DATE: _____

203-968-9000x17 or fax 203-321-1522
 www.stamfordtwinrinks.com

INSTRUCTORS

Mike Backman / Hockey Director:

Mike has been the Hockey Director at STR since its inception in 1996. Mike is a former player for the New York Rangers. In Mike's 35 years of teaching Mite to Midget, he has produced several State and Regional Championships. Mike's players have gone on to play at the top Prep-School and Division I College Hockey Programs in the United States and the NHL.

Marvin Minkler / Assistant Hockey Director:

This will be Marvin's 14th Summer at the STR Hockey School. He was a former junior, high school and college standout goaltender for Worcester State College. Marvin has coached at both the high school and youth hockey levels and his teams have won state, regional and international championships. Marvin brings 18 years of coaching experience to the STR Hockey School.

Tomasz Piatek: Tomasz was a highly skilled defenseman for the Polish National Team and the Sparta- Praha Team in the Czech pro league. Tomasz has 11 years of coaching experience and brings his philosophy of the Red Army system of hockey taught to him by Ludek Bukac to our hockey school.

The STR Hockey Staff: These instructors are hand picked for their hockey knowledge and most are former students of the STR Hockey School. All instructors have one or more of the following qualifications: Former or Current Pro Player; Former or Current College Player; Former Junior Player; Former or Current Division I Prep-School Player. All of our instructors are knowledgeable, enthusiastic and passionate when it comes to teaching the game of ice-hockey!

STR "ELITE" CAMP ALUMNI

Jon Quick: G - Los Angeles Kings (NHL)

Max Pacioretty: F - Montreal Canadiens (NHL)

Matt Lashoff: D - Tampa Bay Lightning (NHL)

Helen Resor: D - U.S. Olympic Team / Yale (ECAC)

Sean Backman: F- Yale University (ECAC)

Caitlin Barnes: D - University of Vermont (Hockey East)

Brendan Milnamow: D - Idaho Steelheads (ECHL)

Jack Downing: F - University of Vermont (Hockey East)

Drew MacKenzie: D - University of Vermont (Hockey East)

Cam Atkinson: F - Boston College (Hockey East)

Mike Cichy: University of North Dakota (WCHA)

STAMFORD TWIN RINKS
 SUMMER HOCKEY CAMPS
 2010

1063 Hope Street
 Stamford, CT 06907

DIRECTIONS

Merritt Parkway: to exit 36(Route 106), Take a right off of the exit. Follow Rt. 106 1.7 miles to light. Turn Right on to Camp Ave. Rink is 1/4 mile on left side.

95 South: to exit 9. Right at the end of ramp, immediately take another right onto Courland Ave (Route 106). Follow Courland Ave. to the end and take a right to continue on Rt. 106 Take left at first stop sign(106) and continue past cemetery. At light turn left onto Camp Ave, rink is 1/4 miles on left.


95 North: to exit 9. Take left off of the exit. Go 100 yards to set of lights take a left again over the bridge. At the lights turn right on to Courland Ave. Follow same route as above.

STR

STAMFORD TWIN RINKS

SUMMER HOCKEY CAMPS 2010

Elite AAA Camps
and
House Level Skills Camps



14 YEARS OF EXCELLENCE

" The will to win is important, but what's more important is the will to prepare" — Bobby Knight

STAMFORD TWIN RINKS
 (203) 968-9000 x14

www.StamfordTwinRinks.com

ELITE AAA CAMPS

Pro-Private (1 Hr):

This camp is a 1:1 student to teacher ratio and allows players to work on specific skills. Coaches can isolate players deficiencies and use specific drills to focus on improving them. Players can help design their own camp!!! **Camp Dates:** June 14-17 (10am, 7:30 pm) • June 21-24 (2:30pm, 3:30pm) • June 28-July 2 (2pm) • July 5-9 (10am, 2:30pm, 3:30pm) • July 12-16 (2 pm, 3 pm) • July 19-23 (8am, 11:15am) • July 26-30 (6pm, 7pm) • Aug. 2-6 (10am) • Aug.9-13 (2:30pm, 3:30pm, 6:30pm, 7:30pm) • Aug. 16-20 (5:30pm) **\$475.00** 5-Day / **\$380.00** 4-Day Camp **ALL AGES!!!**

Mike Backman's Elite Camp (3 Hrs):

Former New York Ranger Mike Backman's put together one of the most unique camps in New England. This camp is for the self-motivated player and the primary focus is on game situations including: regrouping, quick transition and play away from the puck. This course also has a full regiment of drills to improve foot speed, quick puck movement and on one battles. **Camp Dates:** Aug. 16-20 (Bantam 4pm) • Aug. 30-Sept. 3 (Bantam 4pm) **\$410.00** 3-Hour / **\$350.00** 2-Hour

Boot Camp with Marv Minkler (3 Hrs):

Marvin Minkler's military background comes to life in this incredibly intense and rewarding camp. Hockey is won and lost in the trenches and players will learn how to use their bodies to both protect and take away the puck along the boards and in open ice. This camp mixes physical style with the creative style of play through a week long series on small games and battle drills. This camp is a must for travel players who want to become a physical force on the ice!!! **Camp Dates:** June 21-24 (Mites 1pm) • July 12-16 (Squirt 11am, Bantam 5:30pm) • July 19-23 (H.S./Prep School 6:30pm) • Aug. 16-20 (U12 Girls 1pm, Pee Wee 7pm) • Aug. 23-27 (Squirt 3pm, 97s 6pm) **\$410.00** 5-Day / **\$330.00** 4-Day Camp

Tomasz Piatek's 'AAA' European-Pro Camp (3 Hrs):

The goal of Tomasz's camp is to help elite players sharpen their skills and give them confidence to execute at high speed. This camp will follow the same curriculum of fast paced and up-tempo drills which stem from the successful Red Army system of hockey taught to Tomasz by Ludek Bukac. **Camp Dates:** June 21-24 (+11 4:30pm) • July 5-9 (Squirt 4:30pm) • July 12-16 (Mite 8am) • Aug. 2-6 (PeeWee 1pm) • Aug. 16-20 (Squirt 10am, U19 6:30pm) • Aug. 23-27 (Mites 2:30pm, 98s 5:30pm) **\$410.00** 5-Day / **\$330.00** 4-Day Camp

Elite Individual Select Camp (3 Hrs):

This camp has a 3:1 student to teacher ratio. ISC breaks the game down for all players and emphasizes fundamental skills in order to eliminate bad habits. Face-offs, stride, shooting, passing and puck protection are just some of the skills that will be covered. **Camp Dates:** June 28-July 2 (+11, 8am) • July 5-9 (-10, 11am) • July 26-30 (-10, 10am) • Aug. 2-6 (+11, 6pm) • Aug. 9-13 (-10, 10am) • Aug. 16-20 (-10 2:30pm) • Aug. 23-27 (+11 10am) • Aug. 30-Sept. 3 (-10, 8am & +11, 11am) **\$550.00**

Advanced Training Camp (All Day):

This camp is the most complete camp for players here at STR. Players will skate 4 hours on the ice and 2 hours of off-ice training including: strength, conditioning, stretching, plyometrics and classroom. The ATC is a specially designed camp hybrid in collaboration with the STR Hockey School and "Bodycheck."* Players must bring lunch, workout gear: sneakers, shorts. **Camp Dates:** July 26-30 (Mite 8:30am) • Aug. 2-6 (Squirt 11am) • Aug. 9-13 (PeeWee/Bantam 8:30 am) **\$450.00**

NEW Mike Backman Power Skating 2 Hr. Power & Skills Camps

Skating is the key to success in hockey. The game is made up of short little races to the puck. Starts, transitions and speed with the puck are special emphasis in this camp. **Camp Dates:** June 14-17 (10, 4pm) • July 12-16 (+11, 4pm) • Aug. 2-6 (-10, 4pm) • Aug. 9-13 (+11, 4pm) **\$350.00** 5-Day / **\$280.00** 4-Day

Elite Defensemen Camp (2 Hrs):

In today's game defensemen are required to be a mobile and powerful force on the blue line. Elite defensemen can put together a series of skills and use good decision making at critical points in the game to make great plays. This camp will give the elite player both the confidence and knowledge to make the right play while under pressure. **Camp Dates:** June 21-24 (+11, 4pm) • July 5-9 (+11 3pm) **\$300.00** 5-Day / **\$240.00** 4-Day Camp

Elite Shooting & Stickhandling (3 Hrs):

The development of strong stickhandling and good shooting skills are critical components of an elite player. Players will learn modern puck handling techniques incorporating skates and boards as well as overspeed stick skills and puck protection. The Shooting section of this camp will breakdown all the dynamics of shooting and stress quick release: wrist shots, snap shots, slap shots, dealing and backhands will be covered. The camp progression will move from stationary shooting to driving to the net and shooting in game situations. **Camp Dates:** June 14-17 (-10, 7:30pm, +11, 6pm) • June 21-24 (-10, 6pm) • July 5-9 (+11, 5pm) • July 12-16 (+11 6pm) • July 26-30 (Girls U12, 5 pm) • Aug.2-6 (-10, 5:30pm) **\$410.00** 5-Day / **\$330.00** 4-Day Camp

Elite Checking, Cycling and Small Games (3 Hrs):

Checking is not done with shoulders alone! Proper form, balance, leg drive and angling are all critical components of hockey. Other areas of checking covered in this camp are: hip-check, poke-check, stick-check, stick-press, gapping, forechecking, backchecking and receiving checks will be part of the curriculum. The tactic of "cycling" is used at every level of hockey today. Low puck movement, support, indirect passing, give and go, scissor passes, misdirection and how to create odd man situations will be part of this creative camp. **Small Games** will be used to reinforce both the checking and cycling elements in this camp. Players will be put in games with limited time and space, forcing them to make quick decisions and to utilize their skill to win battles. This is a sensational camp for learning offensive creativity and defensive responsibilities. **Camp Dates:** June 28-July 2 (-10, 2pm, +11, 4:30pm) • July 19-23 (+11, 5:30pm) **\$390.00**

The NHL is Coming to STR

MARTIN ST. LOUIS (2 Hours): STR is pleased to have 5 time NHL All-Star Martin St. Louis run his very own Mite level camp this summer! This camp will be conducted in a 4 station format, where players will work on a variety of shooting, passing, skating and stickhandling drills. Martin currently plays for the Tampa Bay Lightning where he has won both the Hart Memorial Trophy as the NHL's most valuable player as well as the Stanley Cup in 2004. **\$350.00** July 5-9 (Mite, 10am)

MATT MOULSON (2 Hours): One of the NY Islanders top young forwards this season, Matt is looking forward to working with the players in his very own camp this summer. Matt is a graduate of Cornell University and was drafted by the Pittsburgh Penguins and played two seasons with the LA Kings before bringing his offensive prowess to New York! This will be a dream come true for all players looking to elevate their game. **\$350.00** July 19-23 (-10, 4:30-6:30 pm) • July 26-30 (+11, 4pm)

JONATHAN QUICK (2 Hours): Connecticut born goaltender who played youth hockey for Mid Fairfield was drafted in the 3rd round by the LA Kings. Jon made his NHL debut in 2007-08 for the Kings and played 44 games. This year Jon was selected for the 2010 US Olympic team in Vancouver. Jon will be running an intense goaltending camp. **\$350.00** July 19-23 (All Ages, 2:30-4:30 pm)

Elite Power Skating (2 Hrs):

This camp will emphasize "overspeed" to elevate the present comfort zone of each player. Cornering at high speed to increase player's edge control along with powerful stride and quick foot drills will also be part of this fast paced and demanding camp. Players will leave the rink both rewarded and exhausted. **Camp Dates:** June 21-24 (+11, 7:30pm) • June 28-July 2 (-10, 12pm, +11, 2:30pm) • July 5-9 (-10, 2pm) • Aug. 9-13 (-10, 2pm) • Aug. 23-27 (-10, 1pm) **\$300.00**

Plus!!! – any goaltender who signs up for this camp can attend any other camp as a goalie for FREE!!!

Elite Goaltending (2 Hrs):

Anyone can stop a puck, but how a goaltender reacts when he has to move lateral is the difference between winning a game or losing one. Goaltender skating, lateral movement and footspeed drills will challenge every goaltender that attends and their quickness and agility will drastically improve in this one week camp. Kickers will also work on the butterfly, rebound control and stickhandling. **Camp Dates:** June 21-24 (+11, 4pm) • July 5-9 (+11, 3pm) **\$300.00** 5-Day / **\$240.00** 4-Day Camp

Tune Up Camps (1 1/2 Hrs):

Whether your player made the team in spring or has try-outs coming up in the fall. There is no better way to get their "legs back" than the tune-up at STR. This hour and a half camp is 5 days of pure skating, shooting and stickhandling. If you didn't get to the rink all summer this is your last chance to sharpen your skates and get in gear! **Camp Dates:** Aug. 30-Sept. 3 (Mite 5pm, Squirt 6:30pm, PeeWee 7:30pm, Bantam 8pm) **\$275.00**

HOUSE SKILLS CAMPS

Pro-Private (1 Hr):

This camp is a 1:1 student to teacher ratio and allows players to work on specific skills. Coaches can isolate players deficiencies and use specific drills to focus on improving them. Players can help design their own camp!!! **Camp Dates:** June 14-17 (10am, 7:30 pm) • June 21-24 (2:30pm, 3:30pm) • June 28-July 2 (2pm) • July 5-9 (10am, 2:30pm, 3:30pm) • July 12-16 (2 pm, 3 pm) • July 19-23 (8am, 11:15am) • July 26-30 (6pm, 7pm) • Aug. 2-6 (10am) • Aug.9-13 (2:30pm, 3:30pm, 6:30pm, 7:30pm) • Aug. 16-20 (5:30pm) • **\$475.00** 5-Day / **\$380.00** 4-Day Camp **ALL AGES!!!**

Dynamites (1 Hr - 6 yrs old & younger):

This camp is the first step for all young hockey players. The camp curriculum utilizes a fun environment to teach basic hockey skills, while at the same time being challenging for each player. Skaters need: skates, stick, glove, elbow pads, hockey pants, shoulder pads, hockey gloves, shin pads and neck guard (all equipment available at REDLINE SPORTS). **Camp Dates:** June 21-24 (12pm) • June 28-July 2 (11am) • July 5-9 (2pm) • July 19-23 (4:30pm) • July 26-30 (1pm) • Aug. 2-6 (2:30pm) • Aug. 9-13 (1pm) **\$100.00** 5-Day / **\$80.00** 4-Day Camp / 6 and Under!!!

House Skills (2 Hrs):

This class is for beginner house level and Travel "C" players. This class is a great place for young players to learn the fundamentals of ice hockey. Power skating, shooting, passing and team play will all be covered in this awesome camp! These camps are for players 10 and under. **Camp Dates:** June 21-24 (Mite/Squirt 7pm) • June 28-July 2 (Mite/Squirt 8am) • July 5-9 (Mite/Squirt 8am) • July 12-16 (Mite/Squirt 2:30pm) • Aug. 2-6 (Mite/Squirt 8am) • Aug.9-13 (Mite/Squirt 3:30pm) • Aug. 16-20 (Mite/Squirt 8am) • Aug. 23-27 (Mite/Squirt 8am) • Aug. 30-Sept. 3 (Mite/Squirt 2pm) **\$275.00** 5 Day / **\$220.00** 4 Day Camp

www.StamfordTwinRinks.com