

# Power Play Day

## POWER PLAY DAY (Full Day)

This full day camp has everything for your hockey player! Skating, shooting, puck handling, off-ice conditioning, and daily full ice scrimmages are the staples of this campaign. A well-balanced catered lunch and snacks will be provided to all campers daily. Previous skating experience recommended. This camp is perfect for the house, initiation, or roller hockey player looking to get on the ice.

Dates: COST: \$350.00

Session 1: June 21 to June 25

Session 2: July 12 to July 16

Session 3: August 9 to August 13

Times:

Group A: 9:15 to 2:45

Group B: 10:15 to 3:45



## MINI MITES

Do you know a little guy or girl that wants to play hockey like the big kids? Each Fun Filled Day will include stick handling and hockey skills as well as hockey skating instruction. Learn to skate Snowplow Sam 3, or Basic 1, or Junior Hockey 1, or previous Mini-Mite experience required.

Dates: COST: \$220.00

Session 1: July 26 to July 30

Times: 9:15 to 11:15

Session 2: August 16 to August 20

Times: 2:15 to 4:15

# Mini Mites

# Defensive Skills

NEW

## EXPLOSIVE SPEED

Learn and develop the skills needed to get the most out of your first few steps. Gain explosive power and short distance speed through training methods and special equipment unique to Power Play Hockey School. Designed for advanced level hockey players. Professional off-ice speed training provided by Dynamic Sports Performance (DSP)

Dates:

COST: \$350.00

Session 1: June 28 to July 2

Times: Group A: 1:15 to 5:00 Group B: 2:15 to 6:00

Session 2: August 16 to August 20

Times: Group A: 9:15 to 1:00 Group B: 10:15 to 2:00



## DEFENSIVE SKILLS

A must for every Defensman

This camp is designed for defensemen and "defensive minded" forwards. Focused attention on position, gap control, shot blocking, one-on-ones, odd man rushes, shooting and more. This is

Dates:

Session 1: August 2 to August 6

Times: 9:15 to 12:15

COST: \$255.00

# Explosive Speed

# Checking

## SHOOTING TO SCORE

Improve your Shot! Improve your scoring ability by developing quickness, accuracy, and velocity! Participate in daily on ice instruction and off ice shooting and conditioning sessions. Then use what you learn and practice with goalies each day! All skill levels welcome. Drill intensity will be age and skill appropriate.

*\*Session 1 - Add Explosive Speed for a full day of camp*

*\*Session 2 - Add Games Week for a full day of camp*

*\*Session 3 - Add Mini Mites/Mites Games Week for a full day of camp*

Dates:

COST: \$255.00

Session 1: June 28 to July 2

Session 2: July 19 to July 23

Session 3: August 23 to August 27

Times: 9:15 to 12:45



## CHECKING

Two and a half hours of on ice instruction per day focusing on delivering a check, receiving a check, body positioning, skating for checking, checking for puck control, stick checking, and checking safety. This camp is open to Birth Years '99 and older.

*\*Add Games Week for a full day of camp*

Dates:

Session 1: August 30 to September 3

Times: 9:15 to 12:00

COST: \$255.00

# Shooting To Score

# Goalie Techniques

## GAMES WEEKS

Players will be divided into 4 teams for 4 Vs. 4 Full ice mini games (3 per day). Teams will be shuffled each day. Competition and great fun!

Dates:  
**Session 1: July 19 to July 23 COST: \$125.00**  
**Session 2: August 30 to September 3**

Times: 1:00 to 6:00  
 Group 1: 1:00 to 3:30 PM (Mite/Squirt)  
 Group 2: 3:30 to 6:00 PM (Peewee/Bantam)

Mini Mites/Mites Games Week  
**Session 1: August 2 to August 6**  
**Session 2: August 23 to August 27**  
 Times: 1:00 to 3:00 COST: \$110.00



# Games Weeks



## GOALIE TECHNIQUES

The last line of defense! This camp focuses on proper goalie positioning, save selection, power skating, and the use of the catcher and blocker. All goalies will face shots from the Shooting to Score camp participants. All skill levels are welcome. If you have equipment needs, contact Troy MacCormick to borrow goalie equipment for the week at no cost.

Dates: *\*Add Explosive Speed for a full day of camp*  
**Session 1: June 28 to July 2**  
**Times: 10:30 to 12:45**  
**COST: \$255.00**

## CAMP INFORMATION

### Refund Policy:

Refunds are only given for the following situations and must be submitted in writing to [tmaccormick@ashburnice.com](mailto:tmaccormick@ashburnice.com):  
 1. Notification of withdrawal from camp must be 30 days prior to start of the first day of camp.  
 2. Student Medical Emergency with a copy of physicians verification provided.

Power Play Day	6/21-25 7/12-16 8/9-13	Group A: 9:15 to 2:45 pm Group B: 10:15 to 3:45 pm	Novice Intermediate
Shooting To Score	6/28-7/2 7/19-23 8/23-27	9:15 to 12:45 pm	Novice Intermediate Advance
Goalie Techniques	6/28-7/2	10:30 To 12:45 pm	Novice Intermediate
Explosive Speed	6/28-7/2	Group A: 1:15 to 5:00 pm Group B: 2:15 to 6:00 pm	Intermediate Advance
	8/16-20	Group A: 9:15 to 1:00 pm Group B: 10:15 to 2:00 pm	
Defensive Skills	8/2-6	9:15 to 12:15 pm	Advance
Checking	8/30-9/3	9:15 to 12:00 pm	Intermediate Advance
Mini Mites	7/26-30 8/16-20	9:15 to 11:15 am 2:15 to 4:15 pm	Novice
Games Weeks	7/19-23 8/30-9/3	1:00 to 6:00 pm Group 1: 1 to 3:30 (Mite/Squirt) Group 2: 3:30 to 6 (Peewee/Bantam)	*Novice Intermediate Advance
*Mini Mites/Mites Games	8/2-6 8/23-27	*1:00 to 3:00 pm	

Age Group A Birth Year 2000 Younger Age    Group B Birth Year 1999 and Older

## MULTIPLE CAMP DISCOUNT PRICES

- Buy any 3 camps and get 10% discount at the time of sale -
- Buy any 4 camps and get 15% discount at the time of sale -
- Buy any 5 camps and get 20% discount at time of sale -

Offer good for any combination of any Ashburn Ice House Summer Camps. Discount taken at time of registration. Can not be used on previous purchases



# POWER PLAY HOCKEY CAMPS 2010

## INSTRUCTORS

Rob Lorenzen  
 Troy MacCormick  
 Wendy Marco  
 Mike Ansell

