

Alex Vasko Summer Hockey Camp Registration Form

Player's Name: _____

DOB: _____

10-11 Season Team: _____

Position: _____

Jersey Size:

Youth: S M L XL

Men's: S M L XL

Parent Name: _____

Parents' Phone: _____

Address: _____

City: _____

State: _____ ZIP: _____

E-Mail: _____

How many days of camp would you like to attend? 1 2 3 4 5

Specify: Day 1 Day 2 Day 3
 Day 4 Day 5

Enrollment and Fees:

Fee for 5 days: \$450.00

Fee for 1 day: \$105.00

Please, fill out the Registration Form and submit it with payment to:

Revolution Ice Centre
c/o Alex Vasko
12 Old Boston Rd
Pittston, PA 18640

Make check payable to Alex Vasko

Please be advised that a \$105.00 non-refundable deposit is required.



Summer 2011

Alex Vasko

Advanced Hockey Skills Camp

**Five Day
Intensive Hockey Skills Training
Program**

**With Head Coach of Wilkes-Barre/Scranton Junior Knights
Pee-Wee 97 AAA**

July 18th – 22nd DOB: 99, 00, 01

August 8th – 12th DOB: 96, 97, 98

Contact Information:

Alex Vasko
alexvasko@yahoo.com
(917) 238-0478

FOR SCHEDULE UPDATES,
PLEASE GO TO
www.alexvaskohockey.com



Alex Vasko

Advanced Hockey Skills Camp

This is an advanced hockey skills program based on ten years of playing professional hockey and five years of coaching experience by Alex Vasko.

This camp is a great opportunity for everyone to improve hockey skills, physical endurance level and to have a lot of fun!

The training program will challenge even the most skilled and physically strong players!

Please bring your full hockey equipment, sneakers, training apparel, positive attitude and desire to become a better hockey player.

Camp Program Includes:

Five days of intensive skills training with two hours of On-Ice and one hour on Dry Land session every day. Training jersey will be provided.

Each day we will focus on different hockey techniques and core muscle groups. At the end of the camp you will improve your hockey skills level and enhance general physical strength.

Sample Schedule:

***** SUBJECT TO CHANGE*****

On Ice Skating	9:00am-10:00am
Dry-land	10:15am-11:15am
Break/ Snack	11:15am-12:15pm
On Ice Skating	12:15pm-1:15pm

Camp Program

Day 1

On-Ice: Skating Skills: edge control, forward/backward skating, and transitions.

Dry Land: Lower Body Routine.

Day 2

On-Ice: Shooting: wrist shot, back hand shot, slap shot, snap shot.

Dry Land: Abdominal Muscles.

Day 3

On-Ice: Passing: forehand, backhand, one-touch pass.

Dry Land: Speed Agility.

Day 4

On-Ice: Stick Handling: dribbling variations, development of strong wrists and quick hands.

Dry Land: Upper Body Routine

Day 5

On-Ice: Puck Control Techniques: fake drills and moves, puck handling in diverse skating situations.

Dry Land: Cross-Country Running