***STRONG SUMMER HOCKEY CAMP   
at LAKESHORE***

July 29th - August 3rd

BY ***STRONG HOCKEY***

***Skate Faster… Shoot Harder… Improve Your Game!***

**One Full Week of Skills Improvement!**

**INSTRUCTED BY JIM ARMSTRONG AND A TERRIFIC STAFF**Our 3rd Year at Lakeshore and 19th total in Rochester!!

**• 5.5 HOURS DAILY Total**

**• 3 hrs. ON-ICE PER DAY**

**• 16 hrs. OF *TOTAL ICE TIME***

**• 1.5 hrs of POWER SKATING in am  
  
• 1.5 hrs. of PUCK SKILLS/TEAM   
 PLAY in pm  
  
• 4 INSTRUCTORS ON-ICE per session**

**• A full-time GOALIE INSTRUCTOR/   
 Mike Cimino**

**• OFF-ICE SPORT COURT FUN**

**• LUNCH & FUN VIDEO TOO!**

* **A maximum of 32 skaters per Age Group**



**\*\*\* Each Age Group Will be Divided Up According to Age and Ability for   
 Competitive Drills and Scrimmages. 3 Groups total within each age group.**

**Weekly Agenda**

***GROUP 1 • AGES 6 - 9***

***Sunday July 29th Monday – Friday, July 30st – Aug. 3rd***

1:00 - 1:30 p.m. Registration 8:30 - 10:00 a.m. 1st On-Ice Session

1:45 Meeting between Parents + Jim Armstrong 10:10 – 11:10 Sport Court Fun

2:00 – 3:00 1st On-Ice Session 11:10 – 12:10 Lunch, fun video

12:30 - 2:00 p.m. 2nd On-Ice Session

***Group 2 • AGES 10 - 13***

***Sunday July 29th Monday – Friday, July 30th – Aug. 3rd***

2:00 - 2:30 p.m. Registration 10:00 - 11:30 1st On-Ice Session

2:45 Meeting between Parents + Jim Armstrong 11:40 - 12:40 Sport Court Fun

3:00 – 4:00 1st On-Ice Session 12:40 - 1:40 Lunch, fun video

2:00 - 3:30 p.m. 2nd On-Ice Session

***TO REGISTER***

1) Please fill out registration below and return.

2) Enclose a check for $260, payable to Strong Hockey. For 2 from the same family the cost is $480.

**Send to:** Jim Armstrong, Strong Hockey Camp

1370 New Seabury Lane, Victor, NY 14564

**QUESTIONS:** e-mail Jim at: JTARM@Frontiernet.net

***We suggest that you REGISTER EARLY as each group will have a maximum of 32 skaters and 4 goalies only. As always, we will fill up. First come, first served.***

***For more info: www.stronghockey.com***

***Please enroll my skater for The Strong Summer Hockey Camp. Please Check***

Group 1, Ages 6-9 Group 2, Ages 10-13

Name of Skater \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *“Thanks for all the Great work that you*

DOB\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *do at camp. It is obvious at first glance*

Parent(s) Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *that your staff is well organized and*Goalie: Y N (circle one) *hands-ons. The kids are getting great*

Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *instruction and having fun playing!”*

E-mail \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *hockey!*”

Person to contact during camp days in case of emergency. *Jacques*

(Include telephone number.)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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[***www.stronghockey.com***](http://www.stronghockey.com)