

# ***STRONG SUMMMER HOCKEY CAMP*** ***at Rochester Ice Center***

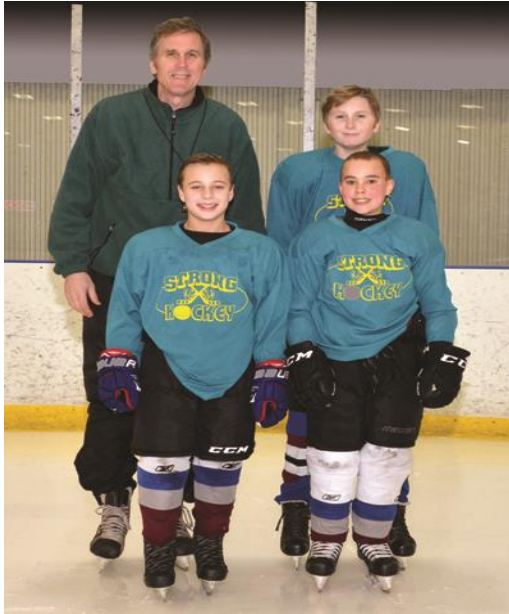
**July 26<sup>th</sup> – July 31<sup>st</sup>**

**BY STRONG HOCKEY**

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

**One Full Week of Skills Improvement!**

**INSTRUCTED BY JIM ARMSTRONG AND A TERRIFIC STAFF**



- 2.5 HOURS On-Ice Per day, 1 hour on Sunday the 26<sup>th</sup>
- 13.5 hours total
- 1 hour of Skating Fundamentals  
40 minutes of Puck Skills  
40 minutes of PUCK SKILLS/TEAM
- 5 INSTRUCTORS ON-ICE per session, 1 Instructor for every 7 Skaters
- A full-time GOALIE INSTRUCTOR/  
Mike Cimino
- A limit of 28 skaters and 4 Goalies
- A Friday Full-ice Scrimmage with Clock

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

**\*\* The Arena will have Social Distancing Guidelines in affect which I will send to you. For the Strong Staff: Wearing masks when helping with dressing skaters. Emphasizing bringing your own water bottle. Washing hands right after each session.**

## **AGENDA**

### **GROUP 1 • AGES 6 - 8**

**Sunday July 26<sup>th</sup>**

1:00 - 2:00 First On-ice Session

**Monday – Friday, July 27<sup>th</sup> – 31<sup>st</sup>**

8:30 - 11:00 a.m. On-Ice Sessions

### **Group 2 • AGES 9 + 10**

**Sunday July 26<sup>th</sup>**

2:30 – 3:30 First On-ice Session

**Monday – Friday, July 27<sup>th</sup> – July 31<sup>st</sup>**

11:30 - 2:00 On-Ice Sessions

### **Group 3 • Ages 11 - 14**

**Sunday July 26<sup>th</sup>**

4:00 – 5:00

**Monday – Friday, July 27<sup>th</sup> – July 31<sup>st</sup>**

2:30 - 5:00 On-Ice Sessions

**Cost:** \$220, For 2 from the same family \$415

**TO REGISTER**

- 1) Please fill out registration below and return.
- 2) Enclose a check for \$220, payable to Strong Hockey. For 2 from the same family is \$415.

**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 28 skaters and 4 goalies only.*

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

**Please Check**  Group 1, Ages 6 - 8  Group 2, Ages 9 + 10  Group 3, Ages 11 - 14

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

Address \_\_\_\_\_

DOB \_\_\_\_\_

Parent Names \_\_\_\_\_

Goalie: Y N (circle one)

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Person to contact during camp days in case of emergency.

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

\_\_\_\_\_

*“Cole had a great week at camp. Thanks to you and your staff for be teachers of the game. We have been to camps where kids have been run through drills and skated around cones. Yours was different, the repetition and teaching of skills was awesome. We saw improvement after the first day and were blown away with his progress after the week. First Class Camp”!! Brian*

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