



# **Cherry Creek Hockey**

## **Middle School Development**

### **...Bigger Stronger Faster**

Cherry Creek Hockey with Coach Mel have teamed up with POMR (Path of Most Resistance) to Offer a High Intensity Summer Skate and Conditioning program that will allow our athletes to train at a premium level to be ready for 2014-2015 seasons. I feel it is important that all of our future Cherry Creek Players have the opportunity to train in the same manner as our high school players.

I highly recommend that you take advantage of this program early, as it will fill quickly.

The Skate and POMR session are open to all Cherry Creek School District Middle school student athletes who will be attending any of the CCSD Middle schools in the 2014-2015 school year.

All Ice sessions will include skills and drills along with high paced game situations and small games.

Players should bring shorts and shirts to POMR. Players should bring a dark and light jersey to all ice sessions.

**Cost: \$395 per player. Includes all Ice and POMR Sessions.**

**Mail your registration form to the address below or fax to:(303)-627-2309.  
Complete and return bottom portion of this form.**

**Players Name:**\_\_\_\_\_

**Incoming Academic Year: (Circle one) 6<sup>th</sup> 7<sup>th</sup> 8<sup>th</sup> Position: F D G**

**Parents Names:**\_\_\_\_\_

**Address:**\_\_\_\_\_

**Email Address(es):**\_\_\_\_\_

**Phone:**\_\_\_\_\_

**2013-2014 USA Hockey Registration #**\_\_\_\_\_

Please make checks payable to Creek Hockey Club. Mail check and registration form to Ralph Bammert, 7568 Halley's Drive, Littleton, CO 80125 or bring both to the first skate.

For Questions contact: Ralph Bammert rbammert@q.com (303) 882-7090

# **Cherry Creek Middle School Summer Skate and POMR Training Schedule**

## **Skate Sessions**

<u>Dates</u>	<u>Session</u>	<u>Ice Time</u>	<u>Length</u>	<u>Location</u>
6/7/14	1	3:00pm	60 min.	Family Sports
6/14/14	2	12:00pm	60 min.	Family Sports
6/21/14	3	12:00pm	60 min.	Family Sports
6/28/14	4	12:00pm	60 min.	Family Sports
7/12/14	5	12:00pm	60 min.	Family Sports
7/19/14	6	12:00pm	60 min.	Family Sports
7/26/14	7	12:00pm	60 min.	Family Sports
8/2/14	8	5:20pm	60 min.	Family Sports
8/9/14	9	6:45pm	60 min.	Family Sports
8/16/14	10	3:30pm	60 min.	Family Sports
8/23/14	11	6:30pm	60 min.	Family Sports

## **POMR Sessions**

<u>Dates</u>	<u>Session</u>	<u>POMR Time</u>
6/5/14	1	9:00am 60 min.
6/10/14	2	9:00am 60 min.
6/12/14	3	9:00am 60 min.
6/17/14	4	9:00am 60 min.
6/19/14	5	9:00am 60 min.
6/24/14	6	9:00am 60 min.
6/26/14	7	9:00am 60 min.
7/1/14	8	9:00am 60 min.
7/3/14	9	9:00am 60 min.
7/8/14	10	9:00am 60 min.
7/10/14	11	9:00am 60 min.
7/15/14	12	9:00am 60 min.
7/17/14	13	9:00am 60 min.
7/22/14	14	9:00am 60 min.
7/24/14	15	9:00am 60 min.
7/29/14	16	9:00am 60 min.
7/31/14	17	9:00am 60 min.
8/5/14	18	9:00am 60 min.
8/7/14	19	9:00am 60 min.