



Milwaukee Jr. Admirals Elite 01 Spring Development

Register at www.milwaukeejrads.com

Questions? Contact MJA Director of Hockey, Matt Murray

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01 Tier 1 AAA

2015 Elite 01 Spring Player Development Program

About the Elite 01 Spring Player Development Program

The MJA Spring Elite 01 Development Program will consist of 12 practices with the top 01's. Our objective is to have the TOP 32 01 skaters train together both on and off the ice. Our on and off ice training is very structured and designed to take a players skill set to the next level. We accomplish this by having the very best coaches and training programs available to all attending 01 players. If you want to improve and be pushed with the best players at your age from the area, this program is for you! Register today!

Elite Training Program Details

- T/Th Weekday Training (No Weekends)
- 12 Full Ice 75 min Practice Sessions
- 12 Off Ice 60 min Training Sessions
- April 13th - May 21th
- Total Player Development
- Jersey included



Additional Information:

- Professional Off Ice Training
- Skate at the PNIC in Milwaukee, WI
- Spring Commitment by players due 4/1/15
- Dedicated Goalie/Skills Coach
- USHL Exposure
- Tier 1 Exposure

April

SU	MO	TU	WE	TH	FR	SA
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May

SU	MO	TU	WE	TH	FR	SA
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

On and Off Ice 01 Spring Elite Development Training
 2015-2016 MJA Team Tryouts

T/Th Training Schedule
 *545pm-645pm Off-Ice
 *7pm-815pm On-Ice

Spring Hockey provides many options for players. If your goal is to develop in the spring and skate with the best 32 skaters at your age, the 01 Spring Elite Development Program is right for you. Elite 01 players training on & off the ice together = Maximum Development!

Sample Elite 01 Spring Development Practice

Off-Ice 60 minutes Scorer's Edge Hockey Off Ice Development
 On-Ice 35 minutes Skill Development - Skating, Passing, Shooting, Scoring
 On-Ice 30 minutes Tactics - 1/1; 2/1; 3/2; NZ, DZ, OZ
 On-Ice 10 minutes Small Area Games
 Goalies Goaltenders will have full time goalie coach for 75 minutes every on-ice session

Milwaukee 01 Jr. Admirals Staff

*USHL Experience
 *College Hockey Experience
 *Professional Experience
 *AAA Tier 1 Experience

Please visit Spring Development Program Page to learn more and register at www.milwaukeejrads.com