



MITE / 8U

2017 TROJAN PRESEASON HOCKEY CAMP

ICE TIMES

9-23-17	Saturday	11:00-12:00	Lower Mites	xHockey Facility Instructors
9-23-17	Saturday	12:00-1:00	Upper Mites	xHockey Facility Instructors
9-24-17	Sunday	11:00-12:00	Lower Mites	ADM
9-24-17	Sunday	12:00-1:00	Upper Mites	ADM
9-30-17	Saturday	11:00-12:00	Lower Mites	xHockey Facility Instructors
9-30-17	Saturday	12:00-1:00	Upper Mites	xHockey Facility Instructors
10-1-17	Sunday	11:00-12:00	Lower Mites	ADM
10-1-17	Sunday	12:00-1:00	Upper Mites	ADM
10-3-17	Tuesday	6:10-7:10	Lower Mites	GAME DAY
10-3-17	Tuesday	7:10-8:10	Upper Mites	GAME DAY
10-7-17	Saturday	11:00-12:00	Lower Mites	xHockey Facility Instructors
10-7-17	Saturday	12:00-1:00	Upper Mites	xHockey Facility Instructors
10-8-17	Sunday	11:00-12:00	Lower Mites	ADM
10-8-17	Sunday	12:00-1:00	Upper Mites	ADM
10-14-17	Saturday	11:00-12:00	Lower Mites	xHockey Facility Instructors
10-14-17	Saturday	12:00-1:00	Upper Mites	xHockey Facility Instructors
10-15-17	Sunday	11:00-12:00	Lower Mites	ADM
10-15-17	Sunday	12:00-1:00	Upper Mites	ADM
10-19-17	Thursday	6:10-7:10	Lower Mites	GAME DAY
10-19-17	Thursday	7:10-8:10	Upper Mites	GAME DAY
10-21-17	Saturday	11:00-12:00	Lower Mites	xHockey Facility Instructors
10-21-17	Saturday	12:00-1:00	Upper Mites	xHockey Facility Instructors
10-22-17	Sunday	11:00-12:00	Lower Mites	ADM
10-22-17	Sunday	12:00-1:00	Upper Mites	ADM
10-26-17	Thursday	6:10-7:10	Lower Mites	GAME DAY
10-26-17	Thursday	7:10-8:10	Upper Mites	GAME DAY
10-28-17	Saturday	11:00-12:00	Lower Mites	Mite Placement Warmup
10-28-17	Saturday	12:00-1:00	Upper Mites	Mite Placement Warmup
10-29-17	Sunday	11:00-12:00	Lower Mites	Mite Placement Warmup
10-29-17	Sunday	12:00-1:00	Upper Mites	Mite Placement Warmup



CAMP DETAILS

New Prague Hockey Association's Trojan Preseason Hockey Camp will provide your player skills training focusing on skating, stickhandling, passing, shooting and having fun!

Coaching

Coached by New Prague High School Coaches, NPHA Youth Coaches, and the professional staff from xHockey Products Training Facility (formerly Total Hockey Minnesota). Also includes NP High School Boys and Girls Varsity Players to mentor your Mite/8U.

Ice Time

Each session is 60 minutes & will be split into drills followed by stations and small area games.

American Developmental Model

The ADM program was implemented after an extensive international study by USA Hockey of educators, child development experts, coaches (from many different sports), physiologists and National Sports Federations. The ADM goal is to provide a very defined systematic (building block) approach to developing athletes starting from the earliest stages of participation, thus increasing the athlete's skill, enjoyment and proficiency.

Skating

Developing a correct skating stride is essential in progressing as a hockey player. Learn what edges are and how they impact your skaters on ice control.

Stickhandling, Passing & Shooting

Develop stickhandling, passing, and shooting skills that will give your player the confidence needed to start the season off right!

Small Area Games

Small area games focus on 1 vs 1 battle skills, playing in a small area and quick puck transitions.

Cross Ice Game Time

Controlled, cross ice games help develop a love of the game! The goal is to have fun and encourage competitive hockey play for all players.

You Must Register Online!

www.NewPragueHockey.com

Registration Fee:

Cost: **\$210** if registered by 9/1. **\$235** after 9/1.
\$25 discount per player for multiplayer families

Questions? Contact: Brad Breeggemann, Mite/8U Coordinator

Phone: 612-600-3658

E-mail: brad.breeggemann@gmail.com

2017-18 Mite Placement Dates
November 4, 5, 11, 12

Lower Mites: Skaters that have played 0, 1, or 2 years

Upper Mites: Skaters that have played 3 or 4 years

We may move players accordingly so that everyone has fun