



## **Sharks High School Hockey League** **2017 Junior Varsity Training Camp**

Want to get the legs back in shape? Need to shake the rust off the skates? Want to get ready for the upcoming season? Then we've got just what you need. Solar4America Ice at San Jose is hosting the 2017 Junior Varsity Training Camp. This four week long program will consist of two ice sessions and two off-ice sessions per week.

The on-ice emphasis will be on individual skills (shooting, passing, skating, puck handling) and situational play (1v1, 2v1, 3v2.) Majority of drills will use larger zones of the ice so that players can get accustomed to game-like situations. Small area games and occasional station drills will be used to promote quick decision making and accelerated skill progression.

In addition to the on-ice sessions, the Junior Varsity Training Camp will include an off-ice element to further the players' development. The dryland sessions, each one hour in length, will take place in the Solar4America Ice Fitness Center and/or the SJSU track across the street. Instruction will be supervised by Jay Thomas, Strength and Conditioning Coach for the San Jose Jr. Sharks. Jay has a bachelors' degree in Kinesiology from SJSU and is certified by the National Academy of Sports Medicine. He will run a wide range of agility drills, power training, and conditioning exercises that will improve the players' quickness, core strength, and stamina. Attending the dryland sessions will also help decrease the likelihood of injuries during the season.

Schedule is as follows:

Week	Date	Ice & Rink	Dryland	Date	Ice & Rink	Dryland
1	Mon, 8/28	4:15-5:30pm, South	5:45-6:45pm	Wed, 8/30	4:00-5:15pm, South	5:30-6:30pm
2	Mon, 9/4	4:00-5:15pm, South	5:30-6:30pm	Wed, 9/6	4:00-5:15pm, South	5:30-6:30pm
3	Wed, 9/13	4:00-5:15pm, South	5:30-6:30pm	Mon, 9/18	4:00-5:15pm, South	5:30-6:30pm
4	Wed, 9/20	4:00-5:15pm, South	5:30-6:30pm	Thur, 9/21	4:00-5:15pm, South	5:30-6:30pm

Cost for the complete camp is \$245 dollars. You can sign up at [www.sharkshighschoolhockey.com](http://www.sharkshighschoolhockey.com), under the "Spring/Summer" Tab. Registration is taken on a first come, first serve basis. A limited number of drop-in spaces will be allowed per session, space permitting. Drop-in fee is \$33 dollars which includes ice and dryland.

For questions regarding the dryland training, please contact Jay Thomas at [jthomas@sharksice.com](mailto:jthomas@sharksice.com). For all other inquiries, please contact Amanda Long, at [along@sharksice.com](mailto:along@sharksice.com).

**Solar4America Ice at San Jose**

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