

KELLY ZAJAC & JOE DEVIN

SKILL DEVELOPMENT HOCKEY CAMP

NEW!!

Carolina Ice Palace
July 16th - 20th, 2018

INSTRUCTORS

- **Kelly Zajac**-Current Stingrays Player
5 Years AHL Experience
2 Years ECHL
NCAA Union College
- **Joe Devin**-Current Stingrays Player
3 Years AHL Experience
2 Years Europe
2 Years ECHL
NCAA Cornell University
- **Individual Assessment+Video**
- **Strength Training+Dryland Drills**
- **Yoga+Nutritional Education**



Growing Hockey In The Low Country
Register Early, Limited Spaces Available!

Age Group: 8-12 Yrs (Travel Level)

Cost: \$425

7.5 Hours of Ice + Off Ice

Time: 9am-3pm

Age Group: 12-16 Yrs (Travel Level)

Cost: \$425

7.5 Hours of Ice + Off Ice

Time: 9am-3pm

Each Daily 1.5 Hour Ice Session Will Include

EXPLOSIVE SKATING

30 min

Focus on forwards & backwards skating, edges, balance, stride length, tight turns and transitioning

SHOOTING

30 min

Focus on skills related to proper wrist, backhand, slap shot and one timers. We build on stages, from stationary to moving

STICKHANDLING

30 min sessions

Focus on Strictly stick-handling where all players will learn the progression drills. Normal, wide hands, toe drags, change of direction

For further information please visit: www.zajachockey.com

Kelly Zajac - 518-728-5163/ email: kellyzajac19@gmail.com or

Joe Devin - 781-264-2034