

Russ Sinkewich
AHL DEFENSEMAN,
PROJECT FOUNDER
& HEAD COACH



JOIN THE PROJECT

TRAINING CAMPS

These week-long programs provide a positive, innovative approach to player development. Athletes can expect a fun, comprehensive experience!

2018 TRAINING CAMP SCHEDULE – Week-Long Camps

DATE	CAMP	LOCATION
6/21 (Thur)	1-DAY GOALIE CLINIC	Barons Arena
6/25 - 6/29	MITE/SQUIRT	Winterhurst
6/25 - 6/29	PEEWEE/BANTAM	Winterhurst
7/09 - 7/13	DEFENSEMAN CAMP	Barons Arena
7/09 - 7/13	FORWARD CAMP	Barons Arena
7/16 - 7/20	POWER SKATING & EDGE CONTROL	Strongsville
7/23 - 7/27	MITE/SQUIRT	North Olmsted
7/23 - 7/27	PEEWEE/BANTAM	North Olmsted
7/30 - 8/03	09', 08' & 07' ELITE CAMP	Barons Arena
8/02 (Thur)	1-DAY GOALIE CLINIC	Barons Arena
8/06 - 8/10	06', 05' & 04' ELITE CAMP	Barons Arena
8/13 - 8/17	MITE/SQUIRT	Shaker-Thornton Park
8/13 - 8/17	PEEWEE/BANTAM	Shaker-Thornton Park

ATHLETES RECEIVE:

- Committed Professional Instruction
- OHP Jersey & T-Shirt
- 13+ hours of on-ice training
- 3+ hours of Professionally led Performance Training
- Success Program (Personalized off-ice training providing education on the following: Nutrition, Goal Setting, Attitude, Work Ethic and Injury Prevention)
- Exclusive Sponsor Gifts and Discounts

DEVELOPMENT PROGRAMS

Consistent 8-week training program where groups meet weekly for intense, detailed, on and off-ice training sessions.

2018 DEVELOPMENT PROGRAMS – Recurring Weekly Sessions June 18th - August 9th

DATE	LEVEL	LOCATION
Mon 6:30PM - 8:30PM	MITE/SQUIRT	Winterhurst
Mon 6:30PM - 8:40PM	PEEWEE/BANTAM	Winterhurst
Tue & Thur 5:15PM - 7:15PM	10' & 09' ELITE	Barons Arena
Tue & Thur 5:15PM - 7:15PM	08' & 07' ELITE	Barons Arena
Tue & Thur 6:30PM - 8:30PM	06', 05' & 04' ELITE	Barons Arena
Tues 7:45PM - 9:45PM	H.S. JV	Barons Arena

Off-Ice Performance Training Included EACH NIGHT

June 11th - August 17th

Wed 8:00AM - 9:00AM	H.S. VARSITY	Barons Arena
Mon & Thur 8:00AM - 9:00AM	U15/U16/U18	Barons Arena
Tue & Fri 8:00AM - 9:00AM	JR/NCAA/PRO	Barons Arena





Morning Groups DO NOT Include Off-Ice Performance Training

ATHLETES RECEIVE:

- 8 Week Consistent Program
- On-Ice Skilled Practices
- Jersey
- Performance Training Sessions
- Committed Professional Instruction
- Weekly eNewsletter loaded with hockey insight
- Exclusive Sponsor Gifts and Discounts

ADDITIONAL INFORMATION // ENROLLMENT:

OHIOHOCKEYPROJECT.COM





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PROUD PARTNERS:

