



2018 Heritage Hockey Summer Player Development



The Heritage Hockey Program offers a wide variety of player development opportunities to players who plan to play for Heritage Hockey and Littleton Public Schools. The programs are open to all LPS High School Students.

Contact Coach Sims for details and Registration (coachjsims@gmail.com). New players to Heritage Hockey please contact Coach Sims to discuss a summer plan.

SMALL GROUP SKILLS DEVELOPMENT - \$165.00 PER WEEK SESSION (6-HOURS)

The Heritage Coaches will provide week long skills based lessons to Heritage Hockey (current & incoming) players again this summer at the Ice Ranch on the 1/3 sheet of ice. Each skate will be limited to 10 players (4 Defense & 6 Forwards), with a coach to player ratio of 1 to 3 ratio.

Weekday (Mon, Tues, Wed, Thurs 4:30-5:30 PM Sat 9-11 AM. The Camps are:

Shooting & Scoring

1. Saturday 6/2, Mon 6/4, Tues 6/5, Wed 6/6, & Thurs 6/7
2. Saturday 6/16, Mon 6/18, Tues 6/19, Wed 6/20, & Thurs 6/21
3. Mon 7/9, Tues 7/10, Wed 7/11, Thurs 7/12 & Saturday 7/14

Passing & Puck Protection

1. Saturday 6/9, Mon 6/11, Tues 6/12, Wed 6/13, & Thurs 6/14
2. Saturday 6/23, Mon 6/25, Tues 6/26, Wed 6/27, & Thurs 6/28
3. Mon 7/16, Tues 7/17, Wed 7/18, Thurs 7/19 & Saturday 7/21

Checking & Body Positioning

1. Mon 7/23, Tues 7/24, Wed 7/25, Thurs 7/26 & Saturday 7/28
2. Mon 7/30, Tues 7/31, Wed 8/1, Thurs 8/2 & Saturday 8/4



STRENGTH AND CONDITIONING PLUS THURSDAY NIGHT 3 VS 3 – MON, TUES, WED, & THURS FOR 8 WEEKS JUNE 4TH TO AUG 2ND - \$400 (OFF WEEK OF JULY 4TH)

Hockey training is a year-round job and summer is the best time to build your hockey conditioning. You can still prepare for your first practice and game of the season with a four-day per week conditioning program. The Heritage Hockey Summer Strength and Conditioning Camp plus 3 vs 3 is designed to provide high school hockey players with summer training and a hockey specific conditioning program. This camp will focus on a combination of aerobic power, strength and muscle bulk, explosive speed and power as well as good anaerobic (which is strengthening muscles by forcing them to work very hard for a brief time) endurance.

The summer is also the perfect time to learn, develop and recharge your hockey skills and knowledge, as well as have some fun. The Summer Camp is led by Heritage Hockey Varsity Coach Sims and the Heritage Coaching Staff, who are committed to making Heritage Hockey players the best players they can be in preparation to compete at the state and national level.

- **Strength & Conditioning: 3 Days Off-Ice | 1 Day Power/Agility Skating (Powell Middle School)**
 - Monday Off-Ice 7AM, Tuesday Off-Ice 7AM, Wednesday On-Ice 6:30 AM, Thursday Off-Ice 7AM
- **Thursday Night 3vs3 Location: South Suburban Ice Arena 6580 S Vine St, Centennial, CO 80121**
 - 7:55 PM
- **Contact Coach Sims for details and Registration (coachjsims@gmail.com).**

