



Jr. Sharks Invitational Spring Training

Solar4America Ice at San Jose

March 25th – May 4th

14U - Mondays, Wednesdays and Saturdays

16U & 18U - Tuesdays, Thursdays and Saturdays

The Sharks Spring Training Program is a program for the spring offered to 14U, 16U & 18U AAA and select AA players. The primary purpose of the Jr Sharks Spring Training Program is to allow participants to further their individual skill sets in a high tempo practice/game environment, all without having to spend money on travel. Players will be divided into teams and given jerseys which are also included in the fee. The camp will include 12 practices and 5 scrimmages.

On-ice sessions will consist of the following:

- 30 minutes of power skating a week with Power Skating Coach, Cathy Andrade
- Station based skill drills to further individual skill sets
- Small area games with game-like concept rules included to make players think on the fly
- Scrimmages on Saturdays to encourage fun, creativity and speed

Eligible Players: 14U - '05-'06 Birth Year AAA players
16U & 18U - '01-'04 Birth Year AAA & AA players

Program Fees: \$495 if registered on or before March 1st
\$535 if registered after March 1st

Schedule: Practices will be: 14U - Mondays and Wednesdays, 6:45pm
16U & 18U - Tuesdays and Thursdays, 6:45pm or 8:15pm

Dryland training will be: 14U - Mondays and Wednesdays, 8:30pm
16U & 18U - Tuesdays and Thursdays, 7:00pm or 8:30pm
Scrimmages take place Saturdays, time TBD

16U & 18U Coaches:

Mike Janda - Former NAHL, USHL and NCAA D1 player at RIT and Assistant Coach with the Springfield Jr Blues of the NAHL. He is currently the Jr Sharks Player Advancement Coordinator and Head Coach for the Jr Sharks 16AAA team.

Curtis Brown - Former NHL player (San Jose, Chicago and Buffalo) and Head Coach of Jr. Sharks 13AAA team.

Tyler Shaffar - Jr. Sharks 14AAA Head Coach

Matt Guffey - Former NCAA Division III player and Current Jr Sharks 18AAA Head Coach

14U Coaches:

Robert Savoie - Solar4America Ice Director of Hockey and Head Coach of Jr Sharks 13AAA team.

Coaches for Both Age Groups:

Nick Cafrelli - Former NCAA Division III goaltender and current Jr Sharks Tier Goalie Coach

Jay Thomas, John Germaine and Max Glaser - Jr Sharks Strength and Conditioning Coaches

Cathy Andrade - Jr Sharks PowerSkating coach and owner/head instructor of Cathy's Power Hour Skating

A registration passcode is needed to complete registration. 16U & 18U players should contact Mike Janda at mjanda@sharksice.com while 14U players should contact Tyler Shaffar at tshaffar@sharksice.com to get the registration password. Registration is available at www.sjrsharks.com, on the Camps & Clinics page.