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**Northbrook Summer Hockey 2019**

**NBHL Clinics**

**June Progressive Powerskating Clinics (PW and BTM)**Cost: $200 per skater or $60 per week (a la carte) - minimum 20, maximum 35 participants

These sessions will be run by Zach Loesch and are designed to improve, balance and edge control, knee bend, stride and recovery, and stops, starts, and acceleration

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|  |   | PEEWEE | BANTAM |
|  | Date | Time | Location | Time | Location |
| Week1 | 2-Jun | 6:00 - 7:15 PM | Mt. Prospect | 7:25 - 8:40 PM | Mt. Prospect  |
|   | 6-Jun | 5:50 - 6:50 PM | Northbrook SC | 7:00 - 8:00 PM | Northbrook SC |
| Week2 | 9-Jun | 6:00 - 7:15 PM | Mt. Prospect | 7:25 - 8:40 PM | Mt. Prospect  |
|   | 12-Jun | 6:50 - 7:50 PM | Northbrook SC | 8:00 - 9:00 PM | Northbrook SC |
| Week3 | 16-Jun | 6:00 - 7:15 PM | Mt. Prospect | 7:25 - 8:40 PM | Mt. Prospect  |
|   | 19-Jun | 6:50 - 7:50 PM | Northbrook SC | 8:00 - 9:00 PM | Northbrook SC |
| Week4 | 23-Jun | 6:00 - 7:15 PM | Mt. Prospect | 7:25 - 8:40 PM | Mt. Prospect  |
|   | 26-Jun | 6:50 - 7:50 PM | Northbrook SC | 8:00 - 9:00 PM | Northbrook SC |

**July/August for Peewee and Bantam players: July 7 – August 8**

Cost: $275 (minimum 20, maximum 35 participants)
All goalies are free to attend the July and August clinics at their level. If goalies are going to attend a clinic at no cost, they must inform Rich Blakey (rblakey@gmail.com)

OFF-ICE component: 10 sessions focused on footspeed, agility, core/balance, and interval training

ON-ICE component: 10 sessions focused on skating, puckhandling, and battles/cross ice games

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| OFF-ICE – PEEWEES and BANTAMS |
| Day/Dates | Time | Location |
| SundaysJuly 9 – Aug 13 | TBA**(BTM only)** | TBA**(BTM only)** |
| ThursdaysJuly 11 – Aug 8 | 5:00 – 6:00 PM (PW and BTM) | Wood Oaks Hill(PW and BTM) |

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| ON-ICE – PEEWEES | ON-ICE – BANTAMS |
| Day/Dates | Time | Location | Day/Dates | Time | Location |
| SundaysJuly 7 – Aug 4 | 7:25 – 8:40 PM | Mt. Prospect | SundaysJuly 7 – Aug 4 | 6:00 – 7:15 PM | Mt. Prospect |
| WednesdaysJuly 10 – Aug 7 | 6:50 – 7:50 PM | Northbrook SC | WednesdaysJuly 10 – Aug 7 | 8:00 – 9:00 PM | Northbrook SC  |

**July/August Squirts: July 9 – August 8**

Open to all (SQUIRT) players looking get on the ice weekly leading up to Fall Tryouts. Cost: $120 for SKILLS ONLY

$55 for 3v3 ONLY

$160 for BOTH

(minimum 20, maximum 35 participants)

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| Level | Mite | Squirt |
| Day | Thursday | **Tuesday** | Thursday  |
| Dates | Jul 11 - Aug 8 | Jul 9 - Aug 6 | Jul 11 - Aug 8 |
| SKILLS Time | 4:10 - 5:10 PM |   | 5:50 - 6:50 PM |
| 3v3 Time | 5:10 - 5:40 PM | 6:40 - 7:20 PM |   |
| Location | NB Sports Center | NB Sports Center | NB Sports Center |

**PreSeason Day Camp – August 12 - 16**

**Here is your chance to get back on the ice for the upcoming fall season. All on ice sessions are 90 – 120 minute based on level, and off ice is 1 hour. Players should bring an off ice stick and have gym shoes, shorts, t-shirts as well as full equipment for all ice sessions.**

Minimum is 20 participants, maximum is 35 participants.

**Level Mites Squirts PeeWee Bantam**

**Days M-F M-F M-F M-F**

**Drop off 8:30am 8:15am 11:15am 11:45am**

**Pick up 11:30am 11:45am 3:00pm 3:45pm**

**Location Northbrook SC NB SC NB SC NB SC**

**Cost $250 $265 $280 $295**

Daily schedule

On ice 8:30 – 9:50am 10 – 11:30am 11:40am – 1:20pm 1:30 – 3:30pm

Off ice 10:15 – 11:15am 8:15 – 9:30 am 1:45 – 2:45pm 12 –1:00pm