

Registration

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Age: _____ DOB: _____

Level circle one: **Mite / Squirt / PeeWee /
Bantam / High School**

In case of emergency:

Contact: _____ Relationship: _____

Cell # _____ Work # _____

Enclosed is my check for \$ _____

Camp Selections: 1) _____

(2) _____ (3) _____

All Registrations Are Non Refundable

In consideration of granting my child permission to participate in Rick Fleming's Complete Hockey Training Camp, the undersigned parent or guardian of said child hereby consents such participation. I hereby discharge Rick Fleming and his staff from all claims, demands, actions and judgements. I assume all risks and understand that certain risks arise from my child playing hockey. I understand that we are responsible for our own insurance, the facility and Rick Fleming's camp will be held harmless, and exempt from all liability for injuries to our child while at camp.

Parent Signature: _____

E-Mail: _____

CONTACT US

Coach Rick Fleming

Cell: (608)220-2846

Email:

completehockey@gmail.com

ADDRESS

Rick Fleming

607 Prairie Grass Road

Oregon, WI 53575



Complete

Hockey

WITH COACH RICK FLEMING

2024 Summer Hockey Training Camps

****All camps are held at Oregon Ice Arena**

To Register online visit us at:

www.mycompletehockeycamps.com

www.wisconsincupseries.com



CHECKING CAMP

AUGUST 6th & 7th TUESDAY/WEDNESDAY
5:30pm - 7:30pm / PRICE OF CAMP \$110.00

This camp is designed to teach players on how to give and receive a proper check. The focus is on positioning and angling, stick checks and a variety of different body checks. Emphasis is placed on safety! The clinic is beneficial to all players who compete at a checking level and players about to move into a checking league.

STICK HANDLING PROGRESSION

JULY 29th - AUG 2nd/MON-FRI 10:15am-11:30am
PRICE OF CAMP \$165.00

From our Coaches experience, this camp is a player's favorite! Players will be taught what to look for when attacking a defenseman one on one and how to get the goaltender to commit so that the deke is successful. Proper technique of stickhandling will be reviewed, followed by a series of different moves that will leave a defenseman spinning.

*This camp is for 2nd year Mite, Squirt, Pee-Wee or Bantam player. **Goalies are Free

DEFENSEMAN CAMP

JULY 29th-AUG 2nd/Mon-Fri 1:45-2:45 & 3:00-4:00pm
PRICE OF CAMP \$275.00

*Rated #1 camp from past participants

This camp will focus on footwork, skills, practice game and tactical solutions. Camp is not just for defensemen, forwards will benefit as well. The great forwards in the game skate well and handle the puck backwards while understanding the defense responsibilities. Concepts include:

- On ice drills 1/2 ice and full ice
 - Gap control taking away time and space
 - Read and react to the rush and how to force the play to the least vulnerable area
 - Partner support in all 3 zones
 - Game situations: 1:1, 2:1, 2:2, 3:2
 - Playing in front of net, corners, aligning and sustaining checks, pivoting, shooting, jumping into rush, use of stick
- This camp accommodates HS, Bantam, Pee-Wee AA/AAA and 2nd year Squirt players

POWER SKATING

JULY 8th - 24th (8 SESSIONS)
EVERY MON, WED & FRI: 1:45 - 2:45 PM
PRICE OF CAMP \$225.00

Students will receive basic instruction on the fundamentals of power skating, edge work and all critical techniques necessary in advancing players to their next level of skating. Sessions follow a low skater/coach ratio & include personalized videotaped analysis on stride performance. This camp is designed to teach the youth hockey player the exact skills needed to improve the following on ice techniques:

- Basic skating alignment & balance drills
- Forward stride - tow snap, extensions & full recovery.
- Backward stride
- Forward/backward crossunders
- Edgework
- Explosive starts - forward/backwards
- Stop and starts - change of direction
- Tight turns & pivots
- Escape Moves - Gretzky
- Agility drills with pucks

SHOOTING & SCORING CAMP

AUG 24th & 25th/SAT 10:00-12:00PM/SUN 12:00-2:00PM
PRICE OF CAMP \$140.00

Our shooting and goal scoring clinic is designed to train players on proper shooting techniques. Our focus is to teach players to properly position themselves to the puck, so that they can quickly catch and accurately release the shot to help improve their goal scoring ability, proper net positioning for tips/rebounds and attacking the net with a purpose. Our drills will be high paced, with an emphasis of being in a game situation. Players will be taught:

- The kind of stick they should use
- Wrist shot
- Back hand shot
- Snap shot
- Slap shot
- Flip shot
- One timers
- Deception of release
- Shooting off angle
- Shooting off your front foot
- Puck protection
- Breakaways
- Rebounds & tips

This camp accommodates HS, Bantam, Pee-Wee and Squirt players



TRAIN WITH..... COACH RICK FLEMING

With over 30 years of coaching experience at the youth, high school, collegiate and junior levels, Rick Fleming has created a COMPLETE HOCKEY Training Camp focused exclusively on player development. Rick served as an Assistant Coach at UW Stevens Point, a Junior "A" Assistant and Head Coach for the Omaha Lancers (USHL), an Assistant Coach for Indianapolis Jr. Ice (NAJHL), and Head High School Hockey Coach for 20 years. He worked and learned from some of the finest mentors in Hockey: Mark Mazzolenie (Green Bay Gamblers), Grant Stanbrook (Maine University), Tim Coughlin, five-time division III National Champions (St. Norbert), Mike Evaves (former Coach of University of WI) and Troy Ward. (Assistant Coach at Minnesota State. Rick was a NCAA Championship player and Captain in 1989, followed by a NCAA Championship Coach in 1990 and currently a scout for the USHL's Lincoln Stars. His mission has always been to develop skaters and help them reach the next level in the game of hockey.

Private Lessons Available - please call
(608) 220-2846 for pricing and
information.