

**Invicta = Unconquerable.**

**Not just a word but a way to live.**

Many young athletes will say they want to be the best, but have no idea what that means or how to accomplish it. To say you want to be the best is one thing, but without the ability to set goals to lead you on the path to success, these are just words. Focusing on individual skill development and setting daily, weekly, monthly, and yearly goals about how to improve in each of these areas will lead to long term success in a player's career. Without a specific plan on how to improve in each skillset, players are going to fall short of reaching their goals. No matter what the talent level, those willing to put in the work will achieve in the long run. It is never easy and requires a tremendous amount of discipline to be this type of athlete. No one is going to do it for you. Your future is in your hands.

Invicta in Latin means "unconquerable" and that is a character trait we strive to inspire in every one of our players. Talent is something you have naturally. Skill is only developed by countless hours of working on your craft. The most successful players in this world don't rely solely on their talent! Our players must be willing to sacrifice to become the best. They are unafraid to fail. They see every day as a chance to get one step closer to their goals.

We aim to build into the fabric of our player's lives the unconquerable mindset. We will provide them with elite instruction in every area of the game, laying the building blocks of future success. It takes a well rounded player to become a difference maker on and off the ice.

**Invicta Hockey Institute**  
**Director Seth Ambroz**

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2021-2022  
**Invicta Hockey Institute**

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[www.InvictaHockeyInstitute.com](http://www.InvictaHockeyInstitute.com)

# YOUR DYNASTY BEGINS HERE

## The Invicta Difference

Get the training your player needs without having to leave your school!

Invicta first and foremost is a hockey institute – In recent years, hockey specific academies have begun popping up across the city. This has lead parents to believe they need to uproot their children from their current association, school and friends to get the training they want.

This is no longer the case. We provide players with the opportunity to receive high end training and develop all the necessary skills to become a successful player. The unique difference is that we offer all this without forcing players to have to leave their current school, for considerably less cost. These “hockey schools” typically range from \$14,000 - \$30,000 a year. We will focus on developing your player while allowing them to stay with their friends at school and on their respective winter teams.

## Program Specifics

- Group 1: '11, '12, '13 (led by Jamie McBain)
- Group 2: '08, '09, '10, '11 (led by Seth Ambroz)
- September 27 through March 31
  - 4 days/week
- April 4 through May 12
  - 2 days/week
- 3-4 pm Invicta Independent Development Ice
- 4-5:20 pm Skills Training with Instructor
- Individual conferences and report cards
- Ongoing Video Analysis
- No major holidays scheduled
  - President's Day
  - Martin Luther King, Jr Day
  - MEA Break
  - Thanksgiving - Wed/Thur
  - Christmans - Dec 22 through Jan 2
- Program Location
  - Minnesota Made Ice Center
  - 7300 Bush Lake Road
  - Edina, MN 55439

## Technology Teaching/Visual Learning

IHI uses video technology combined with expert coaching techniques to incorporate instant on-ice play back to show students exactly what needs to be addressed. Gone are the days of relying solely on demonstration and a whiteboard. It must be broken down and articulated properly.

Technology Teaching provides a unique ability to visually/verbally break-down the new generation hockey terminologies and techniques.

Through demonstration and by using the latest on ice technology and instant video analysis, IHI is able to teach, consult, guide, and instruct both on and off the ice.



## Individual Skill Focus

The comprehensive curriculum allows for the necessary focus to be placed on the development of each individual skill .

Through elite level instruction, video analysis and quality repetition, each player will be given the tools to work towards mastering the following core hockey skills:

**Passing**  
**Shooting**  
**Stickhandling**

**Powerskating**  
**Puck Protection**  
**Checking**

## Invicta Directors

### Seth Ambroz, Director and Lead Instructor Group 2

Seth Ambroz is a former professional hockey player and U of M Gopher Hockey Alumni with four conference titles including two Frozen Four appearances. Ambroz leads Invicta Hockey Institute with experience and an understanding of what is needed to excel at elite levels of hockey.

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### Jamie McBain, Lead Instructor Group 1

Jamie McBain played 9 professional seasons with the Carolina Hurricanes, Buffalo Sabres, LA Kings, Arizona Coyotes and Tampa Bay Lightning. He played college hockey for the Wisconsin Badgers.

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Invicta Hockey Institute Staff also includes Professional Coaches Todd Blackstone, Corey Stark, Chad LaRoche and Noel Karl.

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