MITE/8U

2018 TROJAN PRESEASON HOCKEY CAMP

New this Year! Optional dryland training available before/after ice on select Saturdays

ICE TIMES

		Lower Mites	Upper Mites
9-29-18	Saturday	11:20-12:20	12:30-1:30
9-30-18	Sunday	11:00-12:00	12:10-1:10
10-2-18	Tuesday	6:10-7:10	7:20-8:20
10-6-18	Saturday	11:20-12:20	12:30-1:30
10-7-18	Sunday	11:00-12:00	12:10-1:10
10-9-18	Tuesday	6:10-7:10	7:20-8:20
10-13-18	Saturday	11:20-12:20	12:30-1:30
10-14-18	Sunday	11:00-12:00	12:10-1:10
10-16-18	Tuesday	6:10-7:10	7:20-8:20
10-20-18	Saturday	11:20-12:20	12:30-1:30
10-21-18	Sunday	11:00-12:00	12:10-1:10
10-23-18	Tuesday	6:10-7:10	7:20-8:20
10-27-18	Saturday	11:20-12:20	12:30-1:30
10-28-18	Sunday	11:00-12:00	12:10-1:10

Lower Mites: Skaters that have played 0, 1, or 2 years

Upper Mites: Skaters that have played 3 or 4 years

We may move players accordingly so that everyone has fun

2018-19 Placement Dates

November 3, 4, 10, 11

OPTIONAL DRYLAND TIMES

9-29-18	Saturday	12:30-1:30	11:20-12:20
10-6-18	Saturday	12:30-1:30	11:20-12:20
10-13-18	Saturday	12:30-1:30	11:20-12:20

CAMP DETAILS

New Prague Hockey Association's Trojan Preseason Hockey Camp will provide your player skills training focusing on skating, stickhandling, passing, shooting and having fun!

Coaching

Coached by New Prague High School Coaches, NPHA Youth Coaches, and the professional staff from xHockey Products Training Facility will be here every Saturday. Also includes NP High School Boys and Girls Varsity Players to mentor your Mite/8U.

Ice Time

Each session is 60 minutes & will be split into drills followed by stations and small area games.

American Developmental Model

The ADM program was implemented after an extensive international study by USA Hockey of educators, child development experts, coaches (from many different sports), physiologists and National Sports Federations. The ADM goal is to provide a very defined systematic (building block) approach to developing athletes starting from the earliest stages of participation, thus increasing the athlete's skill, enjoyment and proficiency.

Skating

Developing a correct skating stride is essential in progressing as a hockey player. Learn what edges are and how they impact your skaters on ice control.

Stickhandling, Passing & Shooting

Develop stickhandling, passing, and shooting skills that will give your player the confidence needed to start the season off right!

Small Area Games

Small area games focus on 1 vs 1 battle skills, playing in a small area and quick puck transitions.

Cross Ice Game Time

Tuesdays are "Game Day". Controlled, cross ice games will help develop a love of the game! The goal is to have fun and encourage competitive hockey play for all players.

You Must Register and Pay Online!
www.NewPragueHockey.com

Registration Fee:

- **$220** if registered by 9/1
- **$250** after 9/1
- $30 discount per family for multiple players

Optional Dryland Training:

- Additional Cost: **$30**
- Limited to the first 20 players at each level to register

Questions?
Contact: Brad Breeggemann, Mite/8U Coordinator
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