



ESCONDIDO SPORTS CENTER CAMP SCHEDULE APRIL 4-6, 2008

FRIDAY:

CHECK IN: 5PM - 6PM
 PLAYER / PARENT MEETING 6PM - 6:15PM

OFF-RINK SESSION I: 6:30PM-7:30PM ALL PLAYERS: WORKOUT CLOTHES
 SKILLS SESSION I: 7:45PM - 9PM ALL PLAYERS: HOCKEY EQUIPMENT

SATURDAY:

WARM-UP: 8:30AM-8:45AM ALL PLAYERS: WORKOUT CLOTHES
 GOALIE/SHOOTING SESSION: 9AM-10AM ALL GOALIES & PLAYERS: FULL EQUIPMENT
 GAME I: 10AM-11AM
 GAME II: 11AM-12PM

LUNCH BREAK: 12PM-2PM

SKILLS SESSION II: 2:15PM-3:30PM ALL PLAYERS: HOCKEY EQUIPMENT
 GAME I: 4PM-5PM
 GAME II: 5PM-6PM

SUNDAY:

GOALIE/SHOOTING SESSION: 9AM-10AM ALL GOALIES & PLAYERS: FULL EQUIPMENT
 GAME I: 10AM-11AM
 GAME II: 11AM-12PM

AWARDS: 12PM - 12:30PM ALL PLAYERS / PARENTS

All Players Must Bring the Following

Workout Clothes:

- shorts or sweats
- t-shirt & long sleeve shirt
- tennis shoes
- own water bottle / Nalgene bottle for the bench
- towel

USA Clinics Instructors

- Derek Thede, (720) 934-9500
- Ted Butler, (859) 552-8199

- SKATING
- STICKHANDLING
- SHOOTING
- PASSING
- DEFENSIVE PLAY
- FORECHECKING
- BACKCHECKING
- DEFENSIVE ZONE
- OFFENSIVE PLAY
- BREAK-OUT
- ODD MAN RUSH
- OFFENSIVE ZONE
- SPECIAL TEAMS
- POWER PLAY
- PENALTY KILL
- FACE-OFF'S
- AWARENESS
- STRENGTHS
- WEAKNESSES
- PHYSICAL TALENT
- MENTAL TALENT
- EMOTIONAL TALENT
- SOCIAL TALENT
- BALANCE
- LIFESTYLE

