

2022

HOCKEY TRY-OUTS ... ARE YOU READY?



TRY-OUT SKILLS & DRILLS PREPARATION CAMP



GRAHAM ARENA COMPLEX

SEPTEMBER 9 - 25

[FALL SPORT FRIENDLY ICE SESSIONS!]

Open to all USA Hockey boys and girls players!

WHAT: A training camp designed for hockey players to help get them ready for their upcoming tryouts by enhancing their individual skill base and their confidence to perform at a higher level of play. This program will help all players develop a comfort level and reduce tryout anxiety with a focus on individual skills and drills designed to improve your skills, hockey intelligence, and endurance! We educate you on what evaluators are looking for in a player and incorporate this mindset throughout each session! You'll learn what matters most to those evaluating your individual and game skills! We run you through a sampling of tryout type drills so you can gain the confidence to push yourself beyond your comfort zone and achieve your desired results! Repetition of drills provides self assurance of success! Both boys and girls are welcome and will fit right in to the success of the tryout preparation skills & drills camp session. So many players enter tryouts not having been on the ice for a period of time. Get your game ready and prepare yourself to display your skills at your peak performance level!

GROUPS: Group I is for MT/SQ age players 7-10 Years old / Group II is for PW/BT age players 11-14 years old

SCHEDULE:	Friday, September 9th:	Group I 6:00-7:00pm	Group II 7:15-8:15pm
	Sat. and Sun., Sept. 10th & 11th:	Group I 12:30-1:30pm	Group II 1:45-2:45pm
	Sat. and Sun., Sept. 17th & 18th:	Group I 12:30-1:30pm	Group II 1:45-2:45pm
	Sat. and Sun., Sept. 24th & 25th:	Group I 12:30-1:30pm	Group II 1:45-2:45pm

Classroom session will run prior to or immediately following the last scheduled ice session.

COST: The Try-Out Skills & Drills Preparation Camp fee is just \$175. You will get seven on-ice sessions, one hour of off-ice classroom, and a Try-Out Guidebook filled with tips and useful try-out information!

REGISTRATION: Registration will take place on a first served basis by mail only. Complete camp information can be found on the web at www.peakhockey.com (Rochester Camps Tab). This is your time to shine! Don't leave your game and your tryout or hockey season to chance. Get sharp and learn how to showcase yourself in our time tested and proven camp session! Take your game to the next level now!



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