

The Skatium and Donna Helgenberg Present:

Spring Break Hockey Camp 2015

March 30 - April 3

8:00am - 3:00pm

Camp Description:

This camp is targeting Squirt to Bantam aged players.

The camp will focus on skating and stick-handling skills for each athlete.

This is not a systems and strategy camp. This camp teaches, using professional skating coaches, the proper efficiency and technique of hockey skating. The stick-handling skills are taught by me and will focus on skills that maximize puck possession and how it's utilized in the game.

The off-ice will have two focuses:

One session will be devoted to explosive movement while building core strength, stability and awareness. It will be instructed by a professional personal trainer.

The second session will be devoted to stick handling using numerous drills and training devices that can be used at home.

All coaches are available for private instruction upon your request.

This year's camp I will be introducing some new talent to the coaching staff.

Donna Helgenberg - lead instructor on-ice and camp director

Brian Helgenberg - on-ice coaching staff

Sarah Weymouth - on-ice coaching staff

Coach Larry Kagan - on-ice coach support

Lindsey Colferai - Core conditioning off-ice - Sports Training Specialist from Total Performance

Additional staff still being added - TBA

Camp Schedule

8:00am drop off

8:30 - 9:45am - Skating Skills - on-ice

10:00 - 11:00am - Core Conditioning - off-ice

11:00 - 11:45am - Lunch

12:15 - 1:30pm - Stick-handling and small area game skills - on-ice

1:45 - 2:45 pm - Stickhandling and land skating balance and conditioning drills - off-ice

3:00 pick up

Clothing and gear:

Athletes must wear full gear for all on ice sessions and bring clothing and shoes appropriate for intense off-ice training

Late pick-up:

Anyone needing to pick-up for their child after 3:15 can make arrangements ahead of time

for a small fee. Please email me to make arrangements.

Lunch:

Lunch can be packed and brought in or purchased at the cafe. I am working on getting an order sheet made so lunch can be made to order ahead of time. If I can get the cafe staff to make the order form soon, I will email it out to everyone so parents can have a say in their child's selection.

Any questions or concerns please email me: Donna@PowerSkatingCoach.com

I am anticipating reaching a cut-off point in numbers.

Please fill out the registration form and mail to me by March 23:

Donna Helgenberg

P.O. Box 516

Media PA 19063

Coach Donna's 2015 "Spring Camp"

1) Skater's Name _____

Date of Birth ____/____/____

Team most recently played

2) Skater's Name

Date of Birth _____/_____/_____

Team most recently played

Parent's Name

Mother _____

Father _____

Emergency Contact Number – cell phone if possible!

Mother _____

Father _____

Full Week \$375 _____

Individual days \$90 _____

Late Pick-up after 3:30pm - per day \$20 _____

Make payable and mail check to:

Donna Helgenberg P.O. Box 516 Media PA 19063

Circle days participating:

Monday Tuesday Wednesday Thursday Friday

Hold Harmless Agreement:

Having full knowledge of the dangers and risks associated with sports, I hereby certify that my child is fully covered under my personal medical insurance for any bodily injury that may occur and assume full responsibility for all losses and injuries sustained while involved in this camp. I also hold harmless the Skatium, Donna Helgenberg, any camp associates and rink employees from any claim related thereto.

Parent signature _____ Date
