



H2L Girls Summer Camp

@ Yanmar Arena

Coaching Staff*

Jeremy Carlson
Claire Vekich
Sophie Carlson
Kate Carlson
Opal Anderson

*Additional HS Players and qualified adult coaches based on availability

Middle School Summer Camp - \$350

6/8	OFF ICE SHOOTING/OFF ICE STRENTH/SPEED PROGRAM	
Or (pick one)		
6/15	OFF ICE SHOOTING/OFF ICE STRENTH/SPEED PROGRAM	
7/13	FIELD 500-600PM	ICE 620-720PM
7/16	S/S 530-630PM	ICE 650-750PM
7/20	FIELD 500-600PM	ICE 620-720PM
7/22	S/S 500-600PM	ICE 620-720PM
7/27	FIELD 500-600PM	ICE 620-720PM
8/4	ICE 1040-1140AM	S/S 1200-100PM
8/5	ICE 1040-1140AM	FIELD 1200-100PM
8/7	ICE 1040-1140AM	S/S 1200-100PM
8/10	ICE 1040-1140AM	FIELD 1200-100PM
8/12	ICE 1040-1140PM	S/S 1250-150PM
8/17	ICE 1140-1240PM	FIELD 1250-150PM
8/19	ICE 1140-1240PM	S/S 1250-150PM
8/21	ICE 1140-1240PM	FIELD 1250-150PM
8/24	ICE 1140-1240PM	FIELD 1250-150PM
8/26	ICE 1140-1240PM	S/S 1250-150PM

15 hours on ice. 8 sessions field games and Plyometrics 7 sessions shooting/stickhandling (S/S) training.

June sessions are to assess and prepare players for a self directed 4 week home shooting and Strengthening program. They will be scheduled in 30 min increments for each portion (1 hr total) 4pm-8pm with four players at a time.

*FIELD and S/S IS TYPICALLY OUTDOORS MAY BE WEATHER DEPENDANT



Additional individual or small group training available through our highly skilled staff.

Send email to hockeytolife@gmail.com if interested for prices/details

Edgework
Shooting
Strength and Speed



Contacts:

Jeremy Carlson 398 -2625

Email: hockeytolife@gmail.com

Please send cash or checks with your primary email and phone number to

Hockey to Life
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