

AJH is excited to announce our **NEW** 2020 Summer Skills Camp. Our Coaching Staff is thrilled to get started and ready to build off AJH's success last season! This past season we saw some of our girl's teams compete against top youth programs and our 19U AA had the opportunity to represent Aspen in the 2020 youth Nationals. The 19U & 15U girls both claimed CGHL Championships as well as our boys Squirt B team. As we anticipate the start of the 2020/2021 hockey season, we may be in uncertain times but I believe we must still prepare for the present.

The Aspen Junior Hockey program understands that success starts with skill development and hard work, which begins with our Summer Camp. This Camp will be geared towards individual skill development from Midget down to Mites, providing opportunity to those players who are motivated to become better hockey players. We'll separate players as needed when it comes to specific or advanced techniques.

AJH camp will give each player the ability to best be prepared prior to tryouts. This camp will run for 4/5 (TBD) weeks which will allow the players to develop over a longer period of time vs. traditional camps that are 3-5 days long. We desire to build this camp as a consistent step forward in providing long term development for our Athletes.

Individual Skills & Power Skating Day (1 per week)

- Drills to improve players overall puck skills
- Passing and Receiving passes
- Shooting and scoring drills
- Fakes and how to be more creative with in game situations
- Puck protection
- Tight turns and escapes with puck
- Stride work to increase power and recovery
- Forward and Backwards crossovers
- Improve players balance and weight transfer
- Improve explosive quick starts
- Tighter turns
- Over speed

High Tempo Flow and Game situation Day (1 per week)

- Game situation awareness
- Create more offensive chances off the rush
- Learn to play away the puck to create more offense
- Defensive skills (angling, stick position, and taking away space)

Position Specific, Small Area Games, and Scrimmage (Focused in last couple weeks)

- Breakout option, reading the fore-check, creating speed on the transition in neutral zone and shooting from the point (Defenseman Skills)
- Cycling the puck from low to high, offensive zone tactics, and playing away from the puck.
- Small area games
- Full ice scrimmaging

Off-Ice Sessions

- _Core Training
- _Shooting Drills
- _Stick handling drills
- _Sprints-improve form and speed
- _Strength training- geared to improve speed and power

2020 Summer Skills Camp Schedules

Camp will **start July 20th, Monday** and **end August 20th, Thursday** all camp sessions at **Lewis Ice Arena**

Mites: 2012 and younger Birth Year (\$125.00 Players/\$60.00 Goalies)

Tuesday's: 1:45PM-2:45PM On-Ice/3:00-3:45PM Off-Ice (Stick Handling/Shooting)

*Mites will run just on Tuesday's for the 4 weeks.

Squirt: 2011 and 2010 Birth Year (\$275.00 Players/\$135.00 Goalies)

Monday: 1:45PM-2:45PM On-Ice/12:30PM-1:15PM Off-Ice (Stick Handling/Shooting)

Wednesday: 12:15PM-1:15PM On-Ice/11:00AM-11:45AM Off-Ice (Core Training/Sprints)

Peewee Group Gold: 2009 and 2008 Birth Year (\$275.00 Players/\$135.00 Goalies)

Monday: 12:15PM-1:15PM On-Ice/11:00AM-11:45AM Off-Ice (Shooting/Stickhandling)

Wednesday: 1:45PM-2:45PM On-Ice/12:30PM-1:15PM Off-Ice (Core Training/Sprints)

Peewee Group Green: 2009 and 2008 Birth Year (\$275.00 Players/\$135.00 Goalies)

Tuesday: 9:15AM-10:15AM On-Ice/10:30AM-11:15AM Off-Ice (Shooting/Stickhandling)

Thursday: 12:15PM-1:15PM On-Ice/11:00AM-11:45AM Off-Ice (Core Training/Sprints)

Peewee 12U Girls Group: (\$275.00 Players/\$135.00 Goalies)

Tuesday: 12:15PM-1:15PM On-Ice/11:00AM-11:45AM Off-Ice (Shooting/Stickhandling)

Wednesday: 5:15PM-6:15PM On-Ice/4:00PM-4:45PM Off-Ice (Core Training/Sprints)

Bantam Minor: 2007 and 2006 Birth Year Schedule: (\$275.00 Players/\$135.00 Goalies)

Tuesday 10:45AM-11:45AM On-Ice/9:30AM-10:15AM Off-Ice (shooting/stickhandling)

Thursday 1:45PM-2:45PM On-Ice/12:30PM-1:15PM Off-Ice (Core Training/Sprints)

Midget Camp: 2005 and Older Birth Year Schedule: (\$275.00 Players/\$135.00 Goalies)

Tuesday 4:45PM-5:45PM On-Ice/6:00PM-6:45PM Off-Ice (Core Training/Sprints)

Thursday 5:15-6:15PM On-Ice/6:30PM-7:15PM Off-Ice (Core & Strength Training)

Camp Price: Squirt through Midget **\$275.00 Players and \$135.00 Goalies** (Goalie training 1 time per week during on ice sessions). Mites **\$125 Players and \$60 Goalies**

- 8 Hours of On-Ice training
- 6 Hours of Off-Ice training
- Total of 14 Hours of training **Squirt - Midget**
- Goalie Sessions- Per week during practice sessions
- **Mites** 4 Hours On-Ice/3 Hours Off-Ice
- Camp is limited to 20 skaters per age group

