
STAFF

The staff of the 2005 Chelsea Piers College Prep Hockey Camp is comprised of experienced, professional coaches from current college and prep school programs. The staff teaches and advises prospective student athletes in preparation for future success at schools they are interested in attending. They provide insight on academic requirements, athletic expectations, and ways to achieve a successful campus experience. This year's staff includes*:

- **John Stoble:** Youth Hockey Director
- **Dan O'Brien:** Rockets, JRA Coach
- **Bruce Wolanin:** Yale Coach
- **Alana Blahoski:** Team USA 1998 Women's Gold Medalist
- **Dan Driscoll:** Pomfret Head Coach
- **Jared Jordan:**
 - Head Trainer for NJ Rockets Jr. A
 - Top level trainer for the Sports Center at Chelsea Piers
 - National Academy of Sports Medicine Certified
 - National Endurance Sports Trainer Asso. Certified
 - Featured in: *New York Times*, *Daily News*, *Metro News*, *New York Magazine*, ABC News, MBC Digital News, CP Insider, Center for Physical Therapy and Wellness website, Cornell Health Advisor and Quality Health website
 - Played hockey for Tilton School, NH

*Subject to change.

INTRODUCING ADDED ICE SLOTS!

Due to the growing Sky Rink Youth Hockey College Prep Camp Program, we have added more practice slots. This summer players have an extra 4 hours of ice per week, allowing for an expanded curriculum to take your hockey player to the next level.

PROGRAM DETAILS

The High Level and College Prep programs are designed to improve the individual skill level of each player. Each camp features 4-1/2 hours of on-ice training each day, along with an advanced strength and conditioning off-ice training program. Classroom and lecture sessions take place each day, as well as videotape analysis.

On-ice sessions include:

- quickness development
- overspeed training
- read and react tactics
- modern team play and situation play concepts
- small ice games
- daily scrimmage sessions

Off-ice training sessions with **Jared Jordan** include:

- core conditioning
- maximize force output
- balance & stabilization enhancement
- learn proper weight lifting techniques
- power & speed training
- increase agility
- endurance training to surge ahead in the third period

Classroom and lecture sessions include:

- videotape analysis
- elite ice hockey theory and application
- prep school and college application process
- financial aid and scholarship information
- recruiting for prep schools and colleges
- academic preparation and success
- sports psychology

TRANSPORTATION

Selby Transportation will provide bus service to and from Chelsea Piers for an additional charge of \$85/week. Licensed school bus vans, fully equipped with seat belts and two-way radio dispatch, will pick up and drop off campers at convenient corners within each major residential neighborhood in Manhattan and in parts of Brooklyn. *See transportation application to register.*

HOW TO GET TO CHELSEA PIERS

For those parents who choose not to use camp transportation, Chelsea Piers is easily accessible by car or by public transportation. Cars enter Chelsea Piers from 22nd Street and the West Side Highway. On-site parking is available. Parents may park for free for 20 minutes while picking up and dropping off campers.

MEALS

Chelsea Piers provides nourishing, well-balanced and generous lunches for all campers. The midday break is a time when campers relax, meet with friends and share experiences with children from the other specialty camps.

