

# GO FOR THE GOLD

**12+ Hours  
of On-Ice  
Training**

## **GIRL'S HOCKEY CAMP (AGES 9-17)**

June 23 - 27, 2008

### **MEET THE COACH: ALANA BLAHOSKI**

Learn directly from one of the best players in the game!

Here are just a few of Alana's accomplishments:

- Olympic Team Gold Medal; 1998
- 4 World Championship Silver Medals; 1997, 1999 - 2001
- U.S. National Team; 1996 - 2001
- ECAC Collegiate Player of the Year; 1995 - 1996
- 3 Collegiate National Championships; 1993 - 1995
- Providence College Varsity Ice Hockey; 1992 - 1996
- Assistant Coach of the 2006 Women's National Team

### **PROGRAM HIGHLIGHTS**

#### **On-ice Sessions include:**

- Skating, Shooting and Passing Drills
- Read and React Tactics
- Team Play and Situation Play Concepts
- Overspeed Training
- Quickness Development

#### **Off-ice Sessions include:**

- Strength Training
- Plyometrics
- Stretching and Flexibility
- Team Building
- Aerobic and Anaerobic Training

### **DAILY SCHEDULE** (subject to change)

#### **Monday - Friday**

- 8:00am Arrival
- 9:00am Off-ice Strength Training
- 10:10am On-ice Training
- 12:00am Lunch
- 1:00pm Off-ice Recreation (Other Venue)
- 2:30pm On-ice Training
- 4:15pm Campers Depart

Counselors provide supervision until 4:45pm. After 4:45pm, campers will be placed in After Care in the Field House.

### **ENROLLMENT**

To enroll, please fill out the application on the reverse side and send, along with payment, to the Youth Hockey Department, Sky Rink at Chelsea Piers, Pier 61, NY, NY 10011. **Space is limited, so please send in your application today!**

**COST: \$630 (before June 2), \$660 (after June 2)**

### **QUESTIONS**

If you have any questions, please contact John Stoble, Youth Hockey Director, at 212.336.6100, ext. 6172.