



Accelerated Training 2010 Summer Hockey School

Summer Training Program

June 21st – Aug. 20th

\$ 37.50 daily drop-in

\$132.00 per week (12% discount)
(4 consecutive days / 12.8 hours per week)

\$562.50 5 weeks or 20 days
(any 20 days / 25% discount)

\$ 848.00 all summer (37% discount)
(9 weeks - 36 days - 115 hrs - \$7.37/hr)

June 21, 22, 23, 25 / 28, 29, 30 **July** 2 / 5, 6, 7, 9 /
12, 13, 14, 16 / 19, 20, 21, 23 / 26, 27, 28, 30 /
Aug. 2, 3, 4, 6 / 9, 10, 11, 13 / 16, 17, 18, 20

(schedule subject to change)

Mondays: (3.40 hrs on-ice)

8:00-8:30 Drop Off	8:45-9:45 Off-Ice
9:45-10:15 Video / Snack	10:45-11:30 On-Ice Skills
11:40-1:20 Scrimmage (Open Stick n' Puck)	
1:30-2:30 On Ice Skills	2:45-3:30 Lunch / Video
3:30-4:30 Off-Ice	4:30-5:00 Video / Pick-up

Tuesdays: (3.40 hrs on-ice)

8:00-8:30 Drop Off	8:45-9:45 Off-Ice
10:15-11:30 On-Ice Skills	
11:40-1:20 Scrimmage (Open Stick n' Puck)	
1:45-2:30 Lunch / Video	2:45-3:15 Skating (Public)
3:30-4:30 Off-Ice	4:30-5:00 Video / Pick-up

Wednesdays: (3.00 hrs on-ice)

8:00-8:30 Drop Off	8:45-9:45 Off-Ice
10:15-11:30 On-Ice Skills	11:45- 12:45 Lunch / Video
1:30- 2:45 On Ice Skills	3:00-3:30 Skating (Public)
3:45-4:30 Off-Ice	4:30-5:00 Video / Pick-up

Fridays- Day Camp: (3.00 hrs on-ice)

8:00-8:30 Drop off	8:45-9:30 Off Ice
10:00- 11:30 On Ice	11:45- 12:15 Lunch
12:15-1:00 Video / Play Time	
1:30- 3:00 On Ice	3:30- 4:30 Off-Ice
4:30-5:00 Video / Pick-up	

Hockey Development - Directed by Danny Lorenz & Les Grauer

Today's athletes are more skilled than ever before. Players serious about their skills must constantly strive to improve their balance, agility, speed and coordination. The Accelerated Training Program utilizes a myriad of methods to develop these key power skating fundamentals, while simultaneously conditioning athletes, developing their core body strength and promoting better eye-hand coordination. Our off-ice program incorporates series of dry land exercises designed to improve explosive skating abilities and alternates dry land stick handling drills used by the USNDTP (United States National Development Training Program recommended by USA Hockey) to create and develop "soft-hands". On-ice drills focus on developing quickness, power, acceleration and long strides.

We strongly believe the key to success is hard work and education. Therefore, our primary goal is to educate and encourage participants to develop these core concepts and skills and dramatically improve their on-ice performance. **In 9 short weeks, this program offers more practice time than a normal winter season!!**

Danny Lorenz

- Level 4 USA Hockey Coaching Certification
- 6 yrs youth coaching experience
- 16 yrs professional player
- 3 yrs player in Europe
- '95 IHL All Star Game MVP
- 2 x Team MVP
- picked 58th in the '88 NHL entry draft
- 4 years Jr A Tier I with the Seattle T-Birds

Les Grauer

- Level 4 USA Hockey Coaching Certification
- 20 yrs youth coaching experience
- 4 yrs player coach in Europe, 3 x National Champ
- 4 yrs Div. I College player at Wisconsin, 2 x MVP
- Member Wisconsin Hockey Hall of Fame
- 2 trips to the Frozen Four NCAA Championships, 1977 National Champions
- 3 years Jr A Tier I and Tier II with the Regina Pats

Registration Form Information:

Attach Receipt Here:
Circled desired days

 Name Level

 Address

 City State Zip

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 Phone Email

June 21, 22, 23, 25 / 28, 29, 30
 July 2 / 5, 6, 7, 9 / 12, 13, 14, 16 /
 19, 20, 21, 23 / 26, 27, 28, 30 /
 Aug. 2, 3, 4, 6 / 9, 10, 11, 13 / 16, 17, 18, 20

I hereby agree that KVIC, its officers, servants, agents, and employees shall not be held liable for any and all injuries resulting directly or indirectly from his/her participation in ice-skating, playing hockey, and/or receiving instruction on the ice or otherwise in and about the premises. I further agree to indemnify and save KVIC, its officers, servants, agents, and employees harmless from all costs and expenses that may result from any breach of this agreement.