

LEAFS HOCKEY CLUB Spring Hockey 2010

Spring Hockey ~ Mite, Squirt, PW and Bantam

Improve your game with professional skills instructors, fast-paced 3-on-3 sessions and tournament teams. Work with some of our most popular instructors from the fall season including former Wolves player Steve Martins, Montreal Canadiens 1985 first round draft pick Jose Charbonneau, Sean Berens and Buddy Wallace.

\$375	19 touches (full schedule page 2)
<p style="text-align: center;">Skills (8 sessions)</p> <p style="text-align: center;">3 on 3 (6 – 2 hour sessions)</p> <p style="text-align: center;">Condition Skates (5 sessions June/July)</p>	

OR

\$675 ((\$350 goalie)	33 touches (full schedule page 2)
<p style="text-align: center;">Skills (8 sessions)</p> <p style="text-align: center;">3 on 3 (6 – 2 hour sessions)</p> <p style="text-align: center;">Condition Skates (5 sessions June/July)</p> <p style="text-align: center;">Tournament Team 2 Tournaments (April 23-25 and May 21-23) 8 full sheet practices</p>	

Spring Hockey ~ Midget Select Development & Training

Build on the Leafs 2009-2010 success (Midget major and minor 3rd place NIHL flags) by tuning up your game in the spring. This includes warm-up skate, tryout, 4 skills sessions, 6 team practices and 2 tournaments. We're aiming for three midget teams in 2010-2011, so use the spring to train for the fall. Midgets can also sign up for strength and conditioning weightlifting classes at Pinnacle Sports Development.

\$390 ((\$225 goalie)	21 touches
<p style="text-align: center;">Skills (4 Tuesday evening sessions)</p> <p style="text-align: center;">Condition Skates (5 sessions June/July)</p> <p style="text-align: center;">Tournament Team 2 Tournaments (tournament dates to be decided after try-outs)</p>	

Spring Schedule by level:

Mite

Goalies are welcome to stay for both skills sessions

Mite Skills Group 1 Last Name A - L	Monday	6:00 pm - 7:00 pm	4/5, 4/12, 4/19, 4/26, 5/3, 5/10, 5/17, 5/24
Mite Skills Group 2 Last Name M - Z	Monday	7:10 pm - 8:10 pm	4/5, 4/2, 4/19, 4/26, 5/3, 5/10, 5/17, 5/24
3 on 3	Sunday	9:00 am - 11:00 am	4/11, 4/18, 5/2, 5/9, 5/23, 5/29

Mite tournament teams will receive 1 sheet per week Tuesday thru Friday for practices

Squirt

Goalies are welcome to stay for both skills sessions

Squirt Skills Group 1 Last Name A – K	Monday	6:00 pm - 7:10 pm	4/5, 4/12, 4/19, 4/26, 5/3, 5/10, 5/17, 5/24
Squirt Skills Group 2 Last Name L - Z	Monday	7:20 pm - 8:30 pm	4/5, 4/2, 4/19, 4/26, 5/3, 5/10, 5/17, 5/24
3 on 3	Saturday	8:00 am - 10:00 am	4/10, 4/17, 5/1, 5/8, 5/22, 5/29

Squirt tournament teams will receive 1 sheet per week Tuesday thru Friday for practices

PeeWee

Goalies are welcome to stay for both skills sessions

PW Skills Group 1 Last Name A – Mi	Monday	8:20 pm – 9:30 pm	4/5, 4/12, 4/19, 4/26, 5/3, 5/10, 5/17, 5/24
PW Skills Group 2 Last Name Mo - Z	Tuesday	5:50 pm – 7:00 pm	4/6, 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 5/25
3 on 3	Saturday	10:10 am – 12:10 pm	4/10, 4/17, 5/1, 5/8, 5/22, 5/29

PeeWee tournament teams will receive 1 sheet per week Tuesday thru Friday for practices

Bantam

Goalies are welcome to stay for both skills sessions

Bantam Skills	Tuesday	7:10 pm – 8:30 pm	4/6, 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 5/25
3 on 3	Saturday	12:20 pm – 2:20 pm	4/10, 4/17, 5/1, 5/8, 5/22, 5/29

Bantam tournament teams will receive 1 sheet per week Tuesday thru Friday for practices

Spring Try Out Schedule

Monday 3/15

Mite – 6:00 pm – 7:10 pm

Bantam – 7:20 pm – 8:40 pm

Tuesday 3/16

Midget – 8:00 pm – 9:20 pm

Wednesday 3/17

Squirt – 7:30 pm – 8:40 pm

Thursday – 3/18

PeeWee – 7:40 pm – 8:40 pm

Registration

Log onto www.leafshockeyclub.com and register March 1 through April 5th. AHAI requires purchase of your player's 2009-10 season **USA Hockey Insurance** directly from USA Hockey. If you did not play Fall hockey at any AHAI sanctioned club, you will need to follow these steps to register:

1. Go to www.usahockeyregistration.com
2. Click on "Ice Players & Coaches" and follow the prompts
3. Fee is \$43 per player. USA Hockey accepts Visa, Mastercard, AmericanExpress and Discover.
4. You will need to enter your skaters USA Hockey Confirmation number into the online registration form.

Checking

New and improved Checking Clinic. Players will learn how to separate the man from the puck through angling, shoulder and stick checking. They will also gain confidence in receiving a check and puck protection through playing heads up hockey. To help incoming Pee Wee players, we have redesigned the checking class to include one off ice session to make sure that the skater fully grasps the concepts before being placed on the ice to use their new skills. USA Hockey mandates any first year player at the PeeWee or above level must attend a checking clinic. Register in person or on-line at www.leafsicecentre.com.

March 15, 16 and 17th
7:00 pm – 8:10 pm
\$70.00

March 15 – off ice, full equipment, no skates

March 16 and 17 – on ice

Pinnacle Sports

Pinnacle Sports Development, located inside the Leafs Ice Centre in West Dundee, is a state of the art training facility that will help develop athletes to bring their game to the next level.

Speed and Agility

Training geared towards improving the athletes explosive starts, lateral movements and overall speed through plyometrics and speed training.

Session 1 ~ April 5th-May 26th

Mondays or Wednesdays

Ages 9-12 ~ 6:30-7:30 pm

Ages 13-17 ~ 7:30-8:30 pm

Strength and Power

Weight Training focusing on the athletes overall strength and conditioning level.

Helps increase endurance and improve muscle fatigue.

Session 1 ~ April 5th-May 26th

Tuesdays and Thursdays

Ages 12-14 ~ 6:30-7:30 pm

Ages 15-18 ~ 7:30-8:30 pm

Spring Break Clinics

March 29, 30, 31

\$30 per day or \$75.00 for all 3

Gain confidence learning how to handle the puck and take control of your game. This clinic will give you step by step instruction on performing basic to advanced moves that will have you making plays to help yourself as well as your team.

Stickhandling for ages 6-9....9:00-10:20 am

Stickhandling for ages 10-14.....10:30-11:50 pm

The defenseman is the most important player on the ice. Learn how to improve your footwork, positional play and odd man situations to give yourself time and space keep the puck out of your net and help put it in theirs.

Defense Clinic for ages 6-9.....1:10-2:30 pm

Defense Clinic for ages 10-14.....2:40-4:00 pm

Register in person or on-line at www.leafsicecentre.com for Pinnacle Sports or Spring Break Clinics.