

At Janostin Hockey Training, enhancing a player's skill development is our number one goal. All of the elite players at every level possess skills that are superior to their peers. Skating, stick handling, and shooting development should be the top priority of every young player and Janostin Hockey promotes these skills in a unique and progressive manner.

Join a Janostin Hockey Training Camp today and *TAKE YOUR GAME TO THE NEXT LEVEL!*

Mite/Squirt Camp

Power Skating/Stickhandling
24 hours of instruction
Tuesday/Thursday

Camp Objectives

Power Skating

- Knee bend and body positioning
- Leg stride & leg recovery
- Use of both edges
- Weight shift
- Balance, mobility & speed
- Quick pivots and stops

Stickhandling

- Win one on one challenges
- Create more scoring opportunities for the individual and their team
- Increase a player's confidence
- Be more creative on the ice

Passing/Shooting

- Understand how power and accuracy are created
- Know how to utilize body positioning and weight shift
- Understand the importance of wrist movement

Squirt/PeeWee Camp

Overspeed, Skills, Strength & Conditioning
36 hours of instruction
Monday/Wednesday/Friday

Camp Objectives

Stickhandling

- Side and front fakes
- Expansion of reach
- Quick hands training
- Combination Moves
- Puck Protection

Shooting

- Weight shift & body balance
- Understanding the importance of wrist movement
- Learning the specifics of each hockey shot
- Picking the correct stick

Skating

- Technique
- Strength
- Quickness
- Agility
- Flexibility

Elite Bantam Boys Camp

Overspeed, Skills, Strength & Conditioning
36 hours of instruction
Monday/Wednesday/Friday

Camp Goal

The goal of this camp is to raise every skater's skill level to the highest possible level. This camp will provide players an excellent opportunity to improve the essential skills needed to be successful.

Camp Outline

On Ice Training emphasis will be on the skaters:

- Technique
- Agility
- Strength
- Flexibility
- Quickness

Off Ice Training will focus on exercises that develop upper and lower body power. A number of core strength activities will be emphasized to increase a player's power and balance. Stickhandling and shooting will also be emphasized.

For the Squirt/PeeWee Camp and the Elite Bantam Boys Camp, emphasis in the above areas will result in a lengthened stride, increased stride frequency, better range of motion, improved efficiency and overall skating performance. The player's puck skills will improve with European based passing and shooting drills in an overspeed format.

Dates, Times, & Fees

June: 15, 17, 22, 24
July: 6, 8, 13, 15, 20, 22, 27, 29

8:00 a.m. – 9:00 a.m. / ON Ice
9:15 a.m. – 10:15 a.m. / OFF Ice

Cost = \$255 Goalies = Free

Dates, Times, & Fees

June - 14, 16, 18, 21, 23, 25
July - 5, 7, 9, 12, 14, 16, 19, 21, 23, 26, 28, 30

8:00 a.m. – 9:00 a.m. / ON Ice
9:15 a.m. – 10:15 a.m. / OFF Ice

Cost = \$405 Goalies = \$200

Dates, Times, & Fees

June: 14, 16, 18, 21, 23, 25
July: 5, 7, 9, 12, 14, 16, 19, 21, 23, 26, 28, 30

9:15 a.m. – 10:15 a.m. / ON Ice
10:30 a.m. – 11:30 a.m. / OFF Ice

Cost = \$405 Goalies \$200

All Camps are conducted at the Champlin Ice Forum and include On and Off Ice Instruction.

For quick and easy registration, **Register Online** at www.jhockey.com

JOIN Janostin Hockey Training TODAY



Message from the Director

"I am pleased to invite all young hockey players to participate in the Janostin Hockey School. I can assure you of a tremendous opportunity to learn the game of hockey in an environment where the fundamentals, team play and positive attitude are strongly emphasized. I guarantee our instructors will possess the excitement and enthusiasm which will yield unequalled experiences for all participants."

Pat Janostin, Director
Master of Education Degree

- Varsity Head Coach, Champlin Park
- Nine years varsity hockey coaching experience
- Division I hockey captain, 1988-89, University of Minnesota, Duluth
- New York Ranger Draft Pick, 1985, 4th Round



www.jhockey.com

Our Philosophy

A hockey player needs to work on their skills along with being supported by a strength and conditioning program. These camps offer the individual an opportunity to work on their on-ice skills and start an off-ice program to build up their upper and lower body power.

Instructors Do Make The Difference!

I take tremendous pride in offering your child an outstanding on and off ice hockey training experience. My instructors (which I have received numerous compliments) demonstrate respect, dignity, and passion towards the sport of hockey. My staff is made up of first-rate college and high school student athletes. More importantly, they are wonderful role models. Have a great experience, work hard, get in shape and have fun.

...Pat Janostin



Instructors Do Make The Difference!

Champlin Ice Forum 2010 Summer Programs

Mite/Squirt Camp

June 15-July 29

Squirt/PeeWee Camp

June 14 – July 30

Elite Bantam Boys Camp

June 14 – July 30

Boys and Girls High School STP Camps

Information Online

Register Online Today at:
www.jhockey.com

Pat Janostin, Director
763-576-5395