

PLAYMAKERS SPEED CAMP

THE PROGRAM:

Hockey has become a game built on speed. PLAYMAKERS SPEED CAMP is designed to maximize player speed by implementing overspeed and high intensity based footwork drills that focus on pushing players to execute drills at their top speed. The camp will run two times a week over the course of four weeks to maximize player development over the course of a month. A player's development takes time. Unlike typical camp models that crunch player development into a condensed week-long format, PLAYMAKERS SPEED CAMP seeks to maximize results by building on each skill.

COST:

Cost for the camp will be \$275.00. Ages 12+.

STAFF:

PLAYMAKERS SPEED CAMP is led by former UVM Catamounts Andy Corran and Kenny Macaulay. Coaching at the youth and Junior level, Corran has developed a camp curriculum that focuses on developing player speed and footwork. Kenny Macaulay captained the Catamounts as a leader on the blueline. He then went on to a professional career in the AHL, Russia's KHL and the Austrian Elite league. Both Corran and Macaulay bring their extensive experience in hockey to design a camp curriculum that focuses on maximizing speed.

SCHEDULE:

All sessions will be at Gutterson Arena. Session dates and times are as follows:

Tuesday June 28, 7:15-8:15pm	Thursday July 14, 7:15-8:15pm
Thursday June 30, 7:15-8:15pm	Tuesday July 19, 6:00-7:00pm
Wednesday July 6, 6:00-7:00pm	Thursday July 21, 6:00-7:00pm
Friday July 8, 6:00-7:00pm	
Monday July 11, 7:15-8:15pm	

CONTACT:

Email: playmakershockeycamp@gmail.com

phone: (802)-578-7092

REGISTRATION

Please fill out the registration form below along with full payment of \$275.00. Please make checks payable to Andy Corran. Send registration forms to: Andy Corran, 18 Prouty Parkway, South Burlington, VT, 05403

Player Name:

Player Age:

Home Address:

City:

State:

Zip:

Home Phone:

Parent Email(s):