

10 WEEK PROGRAM • AGES 14 - 16

Two on-ice and two off-ice workouts per week

On-Ice 6:00 - 7:00 PM • Off-Ice 7:10 - 8:10 PM

MAY 15	JUNE 5	JUNE 19	JULY 10	JULY 24
MAY 17	JUNE 7	JUNE 21	JULY 12	JULY 26
MAY 22	JUNE 12	JUNE 26	JULY 17	JULY 31
MAY 24	JUNE 14	JUNE 28	JULY 19	AUG 2

Name _____

Address _____

City _____ State _____ Zip _____

Phone (_____) _____

E-Mail Address _____

Age _____ Date of Birth _____

Current Team _____ Level (circle one) A AA AAA

PLAYERS & GOALIES TUITION

\$650 - full payment due with registration

☐ CHECK or MONEY ORDER enclosed
(made payable to Suburban Ice East Lansing)

☐ VISA ☐ MASTERCARD ☐ DISCOVER ☐ AMEX

Card # _____

CVV2 # _____ Exp. Date _____

Name of Cardholder _____

Billing Address _____

City _____ State _____ Zip _____

Mail this completed form with payment information to:

Suburban Ice East Lansing • 2810 Hannah Blvd • East Lansing, MI 48823

Phone: 517-336-4272 • www.suburbaniceeastlansing.com

Refunds and Credits - Enrollment in each program is limited and tuition is based on class size. Consequently, it is not possible for Suburban Ice East Lansing to offer an open refund policy. A processing fee will be charged on all cancellations. Tuition refunds will not be made if the order is cancelled less than 14 days prior to the beginning of the class. In the event that it is necessary to cancel after that date for medical reasons, a credit certificate for tuition in a future program will be issued.

Ron Gay Program Director

Ron is new
to the
Suburban
Hockey
School staff
but brings
with him
many years of

top coaching experience. Ron arrives to the program after years of coaching the Capital Centre Pride U-18 teams, TPH U-16 team and coaching stints with the Indy Ice and Muskegon Lumberjacks in the USHL. In the summer months, he has helped train many NHL players including: **Matt Greene** (LA Kings), **Jeff Petry** (Montreal Canadiens), **Corey Potter** (Cologne Sharks, DEL), **Jim Slater** (Winnipeg Jets), **Jason Zucker** (Minnesota Wild) **Torey Krug** (Boston Bruins) and more.

**SUBURBAN
EAST LANSING
ICE™**

2810 Hannah Blvd • East Lansing, MI 48823

Phone: 517-336-4272

suburbaniceeastlansing.com



THE NEXT LEVEL
POWERED BY THE SUBURBAN HOCKEY SCHOOL

For the committed hockey player
serious about playing at THE NEXT LEVEL

HOCKEY
Perani's
WORLD

BAUER

KEY FOCUS

This program is designed for players who want to play at the highest level.

SKATING – Edge Control / Power / Stability with and without the puck

STICKHANDLING – Puck protection / ability to handle in traffic and make quick plays

SHOOTING – Quick release / Backhand to Forehand release / Snap / Slap

HOCKEY IQ – Skill and Drills that focus on creating Hockey intelligence

COMPETE LEVEL – Intense Drills & Pace that push hockey players abilities

TEAM ATMOSPHERE- Working together 10 weeks On-Ice and in the Weight Room

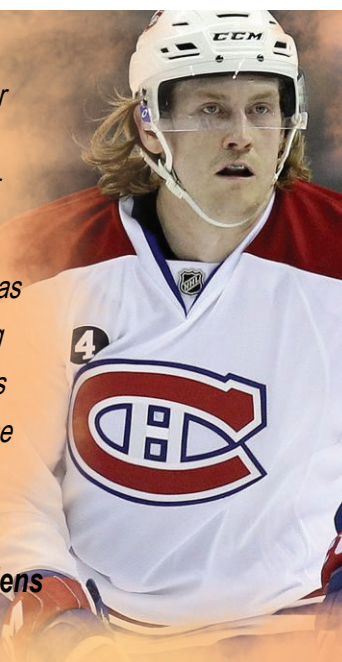
GOALTENDERS: specific training highlighting mobility, tracking, and crease coverage techniques.

Players & Goalies
\$650

**TO REGISTER ONLINE GO TO
SUBURBANICEEASTLANSING.COM**

"Ron has done a lot for me over the years. He makes you step out of your comfort zone on the ice. The drills he has you do are challenging and frustrating at times but they have made me a better skater."

- Jeff Petry
Montreal Canadiens



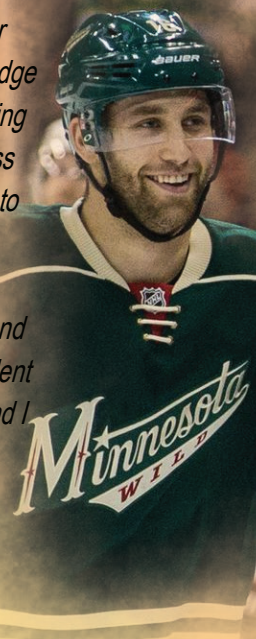
"I have been working with Ron over the years and his attention to detail and demand to work hard pushed me to the next level. Every day I showed up to the rink, he encouraged me to get a little better each day. Ron changed me into a dynamic skater which allowed me to be successful in the college and professional ranks."

- Torey Krug
Boston Bruins



"I've been working with Ron for over 10 years to develop my edge work, posture and overall skating technique. I believe my success in the NHL is due in large part to my skating ability, which I attribute much of to Ron and his coaching. His knowledge and dedication to his clients is evident in his approach to coaching and I look forward to working with him throughout my career."

- Jason Zucker
Minnesota Wild



NEXT LEVEL ALUMNI

Chad McDonald GAP France; **Travis Walsh** Walsh ECHL; **Brendan Sanford** Michigan State; **Jim McDowell** HK Poprad; **Jason Zucker** NHL Minnesota Wild; **Eric Ehn** Air Force 2007 Hobey Hat Trick Finalist 2007; **Jasen Fernsler** Ferris State; **Ryan Polin** AIC; **Josh Lammon** Mercyhurst University; **Brad Pung** St. Norbet; **Sean Campbell** St. Norbet; **Blade Jenkins** Saginaw Spirit OHL; **Reid Boucher** Vancouver NHL; **Deryk Engelland** Las Vegas NHL; **Andrew Sinard** University of Miami; **Adam Goodsir** University of Denver; **Matt Jennings** The Ohio State University; **Dylan Moulton** Bowling Green University; **Caleb Rule** The Ohio State University; **Jim Slater** 2018 USA Olympic Team