

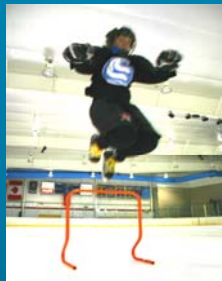


2009

SUMMER PROGRAM!

Weekly Summer Skating School for Competitive Hockey Players

THE MOST CHALLENGING, INNOVATIVE, AND EFFECTIVE
SUMMER HOCKEY SKATING PROGRAM IN NORTH AMERICA!



Weekly Summer Skating School for Competitive Hockey Players

Wendy Marco & Mike Ansell

- Recognized internationally as one of the top hockey skating coaches in the sport, Wendy Marco offers her signature ColdRush Summer Program with respected hockey skills coach, Mike Ansell, *exclusively* at home, in Ashburn and Arlington, Virginia.
- The ColdRush Summer Program is notoriously physically and technically challenging. Described as boot camp meets hockey skating, for one full hour skaters are driven in every way to pursue their individual best. Quite simply, they leave nothing on the ice.
- Loads of unique hockey specific training equipment significantly expedites the learning process, while current upbeat music blasts through the speakers, boosting the intensity.
- Skaters work in level target groups, sharing the agony, and the extraordinary rewards!
- Note: *Self-motivation is a requirement.* NO skater is allowed to participate if a parent or coach had to talk them into it. Absolutely no exceptions!



Program Details:

ColdRush Summer Schedule 2009

	Monday Kettler Caps IcePlex	Tuesday Ashburn Ice House	Wednesday Ashburn Ice House	Thursday Ashburn Ice House	Friday Ashburn Ice House
6-7 AM	Adults (must have team experience)	Mite & Squirt house/select '99-'02	Peewee & older house/select, & high school	Mite & Squirt travel '99-'01	Adults (must have team experience)
7-8 AM	Mite & Squirt travel '99-'01	Squirt 'A' travel '99-'00	Peewee & Bantam travel '98-'95	Squirt 'AA'/'AAA' '99-'00	Peewee 'AA'/'AAA' '97-'98
8-9 AM	Peewee & Bantam travel '95-'98	U16 'AA'/'AAA', prep school, college, or higher	Midget and higher travel '94 and older	Pro, NCAA, Junior A, or by ColdRush invitation	Bantam 'AA'/'AAA' '95-'96

June 22-Aug 28 / Sign up to skate **ANY 5 weeks** or **ALL 10 weeks...IT'S YOUR CHOICE!**

PLEASE NOTE: The summer program sells out fast... The first to sign up are the ones that get in!
Registration on back of this flyer or at www.ColdRushHockey.com