

2010 CUSTOM ELITE

Personalized hockey skills camp for youth travel players

"Custom" - because you can choose to sign up for the entire week or just the days you need the most.

"Elite" - because this camp is strictly limited to travel players only.

CUSTOM ELITE, SKILLS BY THE DAY:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
EXPLODE A one-day version of our notorious EXPLODE camp. Intensive training on hockey's most vital skating skill: SHORT BURST SPEED!	ATTACK Steal, Snipe, SCORE! Learn to out-manuever your competition, aggressively attack the net, and put the puck where it belongs!	REACT "Game speed" is made primarily of one thing, lightning fast reactions. Drastically improve your agility, with and without the puck!	REVERSE Backward skating is the key to keeping the other guy's puck out of your net. Learn to do everything faster in reverse!	DEFEND Physical play, stick checks, & quick decisions. Master the means of DEFENSIVE DOMINATION

\$125 per day, \$300 for any 3 days, \$425 for all 5 days

* Custom Elite is an aggressive hockey camp with drills designed specifically for experienced, dedicated players

Skating Coach- **WENDY MARCO**
Skills Coach- **MIKE ANSELL**
With the ColdRush team of instructors!

The off-Ice component is taught by **PROFESSIONAL STRENGTH COACHES** with a specialized focus on the skill of the day

Program Details: July 26-30 / Travel bantams & peewees- 12:40-5:00pm, Travel squirts- 11:30am-4:10 pm / Ashburn Ice House, Ashburn, VA
3-ice sessions, classroom instruction, lunch break, and skill specific strength training daily!
Registration on back of this flyer or at: www.ColdRushHockey.com