

# 2011 CUSTOM ELITE

## PERSONALIZED HOCKEY CAMP FOR TRAVEL PLAYERS

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

**"Elite"** - Because this camp is strictly limited to TRAVEL PLAYERS ONLY.

group 1-SQUIRTS

group 2-PEEWEEES

group 3-MIDGETS/BANTAM

## CUSTOM ELITE, SKILLS BY THE DAY!

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

\$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 TRAINERS** with a specialized focus on the skill of the day

**Program Details:** July 25-29, Ashburn Ice House, Ashburn, VA. **TRAVEL PLAYERS ONLY!**

squirts- 11:25am-4:00 pm, peewees 12:25- 5:15, midgets/bantams 1:30-6

On-ice station training, full ice instruction, On Ice BLAST session, off-ice training, & classroom education ALL focused exclusively on the day's skill!

[www.ColdRushHockey.com](http://www.ColdRushHockey.com)