





## INFORMATION

Be one of the first to enroll in Philadelphia Flyers Ice Hockey School! Allow our experienced and professional instructional staff to assist you in elevating your game to the next level! By using a curriculum designed by the Philadelphia Flyers Coaching Staff and an off-ice conditioning program tailored to fit the recreational and youth travel hockey player.



## BENEFITS

### All Campers will receive:

- Two Tickets To A Flyers Preseason Game
- An Official Flyers Hockey School Jersey
- Flyers Alumni players will make an appearance at each camp
- Flyers Goodie Bag
- Report Card



## CURRICULUM

### ICE HOCKEY INSTRUCTION

Each player will go through a comprehensive process focusing on the development and maintenance of sound fundamentals including:

- Power Skating
- Shooting
- Puck Handling
- Passing & Receiving

As players progress, they will learn:

- Advanced Skills
- Scoring Strategies
- Offensive & Defensive Concepts

The culmination of the learning process will be an introduction to game situations and team play.

### DRY LAND CONDITIONING

Jim McCrossin, Strength & Conditioning Coach of the Philadelphia Flyers, has created an extensive dry land conditioning program that will complement each players hockey skills. Instructors will teach sport-specific exercises concentrating on:

- Speed
- Power
- Flexibility
- Agility
- Endurance

### CHALK-TALK SESSIONS

Chalk-Talk sessions, lectures, and videos will reinforce our on and off-ice instruction.



## INSTRUCTIONAL STAFF

The Philadelphia Flyers Ice Hockey School is designed and run by the region's top instructors, with a curriculum designed by the **Flyers Coaching Staff**.

The experienced professional instructional staff are involved in the implementation of the camp, as are **top-notch local hockey players** that are currently playing collegiate hockey.



## DATES & LOCATIONS



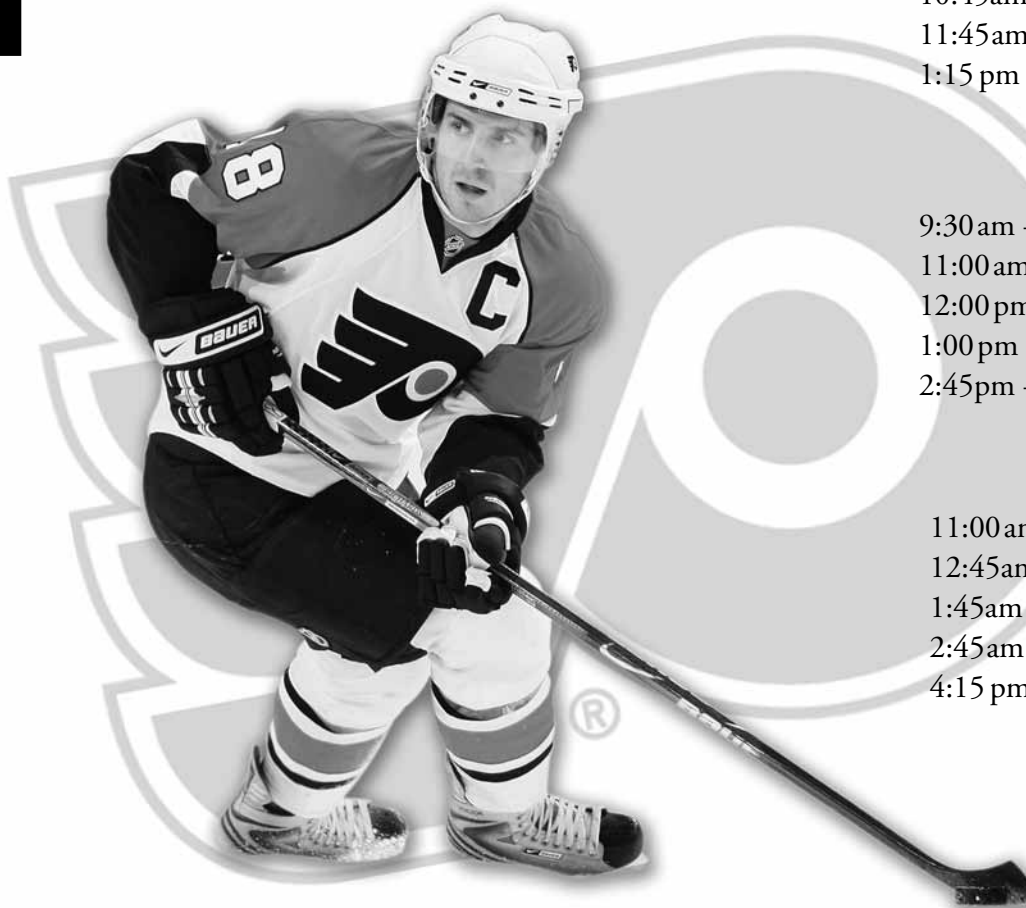
**Ice Line**  
700 Lawrence Drive  
West Chester, PA 19380

7/25-7/29



**Virtua Center Skate Zone**  
601 Laurel Oak Drive  
Voorhees, NJ 08043

8/15-8/19



## PHILOSOPHY

At the Philadelphia Flyers Ice Hockey School, our main goal is to give children a meaningful learning experience in a fun and positive atmosphere. The game of hockey will be taught in a series of progressions focusing on the reinforcement of the fundamental skills. Complementing those skills will be physical conditioning and an understanding of the game from a mental and philosophical standpoint. Every participant will be given an opportunity to make himself or herself the most complete player in an environment that encourages them to have fun while learning.



## DAILY CAMP SCHEDULE

### AGES 7-10

- 8:00 am – 9:15 am..... On-Ice
- 9:30 am – 10:30am ..... Off-Ice Conditioning
- 10:45am – 11:45pm ..... Lunch
- 11:45 am – 12:45 pm ..... Classroom
- 1:15 pm – 2:30 pm..... On-Ice

### AGES 11-13

- 9:30 am – 10:45 am..... On-Ice
- 11:00 am – 12:00 pm ..... Off-Ice Conditioning
- 12:00 pm – 1:00 pm..... Lunch
- 1:00 pm – 2:00 pm..... Classroom
- 2:45pm – 4:00pm..... On-Ice

### AGES 14-17

- 11:00 am – 12:30am ..... On-Ice
- 12:45am – 1:45am..... Lunch
- 1:45am – 2:45 pm..... Classroom
- 2:45am – 3:45 pm..... Off-Ice Conditioning
- 4:15 pm – 5:30 pm..... On-Ice

Schedule is subject to change based on participation numbers.



# 2011 PHILADELPHIA FLYERS ICE HOCKEY SCHOOLS

FOR CAMP INFORMATION,  
CALL 215-952-5735 OR VISIT  
[WWW.FLYERSSKATEZONE.COM](http://WWW.FLYERSSKATEZONE.COM)

## ONLY \$400!

Full Equipment Required  
Including Mouthpiece.



## REGISTRATION PROCEDURES

All prospective campers must submit the completed registration portion of this brochure with payment in full. Registration forms will be processed on a first-come, first-serve basis until all sessions are filled.

If a session has been filled prior to the receipt of a camper's application, Flyers Hockey School will offer the camper the opportunity to be held on a waiting list.

If the registration form cannot be accepted for any reason, the registration form and fee will be returned by mail.



## REFUND PROCEDURES

If an accepted application is withdrawn for any reason up to two weeks prior to the start of a camp session, the camper will receive a refund less a \$50-per-session administrative fee. If notification of withdrawal occurs within two weeks prior to the start of a session, the camper will receive a refund less \$100 administrative fee. No refunds will be issued for any reason once a camp session has begun.