

## ROLLER HOCKEY FAST FACTS

**DATES:** July 6th — July 10th, 2009

**COST:** \$199

**BENEFITS:** All campers will receive:

- 15 hours of roller hockey training
- 2.5 hours of classroom time
- 5 hours of dry land training
- A camp jersey
- Report card

**DAILY SCHEDULE:**

- 8:45 AM — **Arrive at rink**
- 9:00 AM — 10:30 AM **On Floor Instruction**
- 10:45 AM — 12:00 PM **Classroom/Flyers Rookie Camp**
- 12:00 PM — 12:45 PM **Lunch**
- 12:45 PM — 1:15 PM **Dry Land Training**
- 1:30 PM — 3:00 PM **Roller Hockey Instruction**

## ROLLER HOCKEY REGISTRATION FORM

Name: .....

Address: .....

City: ..... State: ..... Zip: .....

Home Phone: .....

Work Phone: .....

Email: .....

Age: ..... Are you a goalie: .....

Guardians Names: .....

Jersey Size: Youth L/XL Adult: S M L XL

Last Season's Team: .....

Payment: \$199 cash credit card check  
(make checks payable to Flyers Skate Zone)

**Return Application to:**

Flyers Skate Zone at Voorhees  
Flyers Youth Roller Camp  
601 Laurel Oak Road, Voorhees, NJ 08043

**Contact:** Lance Rosenberg at (856) 309-4400 x2216 or  
LRosenberg@comcast-spectacor.com



Virtua Center Flyers Skate Zone  
601 Laurel Oak Road  
Voorhees, New Jersey 08043

## PHILADELPHIA FLYERS ROLLER HOCKEY CAMP

Presented by The Virtua Center Flyers Skate Zone  
and the Philadelphia Flyers



Virtua Center Flyers Skate Zone  
601 Laurel Oak Road, Voorhees, New Jersey 08043  
Phone: (856) 309-4400 • Fax: (856) 309-4433



Comcast  
SPECTACOR



2008 campers with Flyers 1st round pick  
James Van Riemsdyk

# OUR MISSION

The Philadelphia Flyers Roller Hockey Camp emphasizes the fundamentals of the game of roller hockey through extensive skill instruction and analysis. The camp is intended for children ages 7 to 14..

## ROLLER HOCKEY INSTRUCTION

Each player will be put through a comprehensive learning process that concentrates on developing and maintaining sound fundamentals. The camp focuses on power skating, puck handling, passing and shooting. In addition, players will be introduced to the offensive and defensive concepts of roller hockey through game situations.

## DRY LAND CONDITIONING

In today's world of sports, the conditioning that takes place away from the game has become as important as the game itself. Instructors will teach sport specific exercises concentrating on speed, agility, power, endurance and flexibility. On a daily basis, the young athletes will learn concepts that will stay with them throughout their athletic careers. Aerobic and anaerobic conditioning, as well as nutritional information, will be part of the camp's daily regimen.

**Campers will get to watch Flyers Rookie Camp and meet some of our prospects!**

## CHALK-TALK SESSIONS

There will be daily chalk-talk sessions to help players fully understand the game of roller hockey. Chalk-talk sessions will cover game strategies and philosophies through detailed analysis. Lectures and video sessions will be utilized to reinforce the skills being taught at the camp.

## INSTRUCTIONAL STAFF

The camp will be headed by Flyers Skate Zone Roller Hockey Director Lance Rosenberg. Additionally, elite roller hockey players from the Delaware Valley will be involved in the teaching of the camp.

## PLAYER EQUIPMENT

- All players must wear full roller hockey equipment including: a helmet with a cage, mouth guard, elbow pads, roller hockey pants with hip protection, shin guards and roller blades with no brakes.
- All students are required to bring a pair of shorts and sneakers.

## 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 is filled a player will have the opportunity to be placed on a waiting list.

## REFUND PROCEDURES

**Campers who withdraw their application more than two weeks prior to camp will receive a full refund minus a \$50 administrative fee. Campers who withdraw their application less than two weeks prior to camp will receive a full refund minus a \$100 administrative fee. No refunds will be issued for any reason once camp begins.**



Campers with the Flyers Claude Giroux

Instructors will teach sport specific exercises concentrating on speed, agility, power, endurance and flexibility.

