



# EVOLUTION

## ELITE HOCKEY ACADEMY

### About The Academy . . .

EVOLUTION is a newly created not-for-profit hockey organization committed to promoting amateur ice hockey in the Denver metro area. Our commitment extends to elevating hockey players of all ages to the next level. How? Our philosophy is to provide every hockey player with on-ice and off-ice instructional training by the best professionals available, so that each player can reach his or her full potential.

We don't believe that talent is born. We believe that talent is made! Our ingredients for developing talent are: (1) repetition; (2) concentration; and (3) effective teaching by knowledgeable and professional coaches.

Our approach is simple; teach correct fundamentals in an environment where players can repeat those fundamentals until they are perfected. The core of any skater requires the A, B, C's: Agility, Balance, and Coordination and we will enhance each of these skills with every player.

Our professional coaches will provide instruction on the various aspects of the game following our developmental track. These will include individual skills, tactics, and team play.

In our Hockey Academy, players of any level will progress and reach their full potential.

That is EVOLUTION!

### Our Mission Statement . . .

EVOLUTION Elite Hockey Academy's mission is to provide each of our players the opportunity to reach their maximum potential. Our philosophy is that talent is not born, it is made!

Our comprehensive program is the most intensive development program in Colorado. We utilize strict on and off-ice training protocols to develop the complete athlete and player. Our approach is simple; teach correct fundamentals in an environment where players can practice those fundamentals until they are perfected.

Our professional coaches will provide high-level instruction on the various aspects of the game following our age specific developmental track. These will include individual skills, tactics, and team strategy.

**Most important, all players will experience a teaching environment that will not only give them confidence, but measurable development.**

### Youth Hockey General Information . . .

Hockey is a sport that children as young as five can participate in and enjoy. It is a fast moving and exciting game that is played in one hour. It requires skill and teamwork. It offers excellent physical exercise during the winter months when other activities may be limited. The nature of hockey requires that children learn the foundation of participating in a team sport; cooperation with others, respect for the opposing team and sportsmanship. Come out and watch a game and see what makes youth hockey one of the largest sports programs in our community.



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## ELITE HOCKEY ACADEMY

### 2010-11 SEASON PREMIUM HOCKEY DEVELOPMENT PROGRAM

Evolution is proud to announce the First season of its PREMIUM HOCKEY DEVELOPMENT PROGRAM in Colorado for players (boys and girls) of any level designed to elevate their game.

A professional staff of hockey directors will run our Evolution Programs. To meet our coaches please visit:

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

On-ice instruction will focus on building individual player skills, as well as team concepts, including:

- SKATING SPEED, QUICKNESS AND AGILITY
- OVERSPEED TRAINING
- STICK HANDLING AND PUCK CONTROL
- PASSING AND TEAM CONCEPTS
- SHOOTING ACCURACY
- STRENGTH AND CONDITIONING
- TEACHING AND INTERPRETING THE GAME OF HOCKEY

OFF-ICE INSTRUCTION CONDUCTED BY ATHLETIC REPUBLIC PROFESSIONAL STAFF TO BUILD THE COMPLETE ATHLETE. INSTRUCTION WILL FOCUS ON THE FOLLOWING:

- Skating Treadmill. Improving player skating mechanics.
- Plyometrics. Maximizing speed, agility, and explosiveness.
- Resistance Cord Technology. Produce more force at game speed velocity.
- Upper and lower body strength training.
- Shooting and Stick handling (outdoor rink).

*For the 2010-11 Season, Evolution Elite Hockey Academy will offer two different programs:*

- **Elite Program**
- **Recreational Program**



# EVOLUTION ELITE HOCKEY ACADEMY

## THE ELITE PROGRAM WILL INCLUDE:

### 189 TOTAL HOURS OF TRAINING (27 WEEKS)

- 54 hours of on-ice practices (full sheet)
- 27 hours of on-ice skills
- 27 hours of games/scrimmages
- 54 hours off-ice training at Athletic Republic
- 27 hours off-ice shooting/stick handling and passing
- Two tournaments, with a three game minimum.

### THE ELITE PROGRAM WILL INCLUDE THE ELITE GOALIE PROGRAM:

- 27 hours on-ice Goalies only Skills
- 27 hours off-ice training at Athletic Republic (Goalie program)

*Season starts September 6,  
2010.*

Evaluation fee: \$25 before June 15<sup>th</sup>  
\$45 at the door after June 15<sup>th</sup>

Checking Clinics: \$55 (USA Hockey recommends all first year Pee Wees to participate in pre-season checking clinics)

Goalie Clinics: \$55  
For Program Fees, Payment plan, and preliminary schedule please visit:  
[www.evolutionelitehockey.com](http://www.evolutionelitehockey.com)

### Elite Program Important Dates

Program duration: From September 6 to March 11<sup>th</sup>  
Team schedules will be posted on August 20<sup>th</sup>

#### TRYOUT SCHEDULE

##### MITE (U8 and under)

Monday, August 30 <sup>th</sup> , 2010	5:15 PM @ BIG BEAR
Tuesday, August 31 <sup>st</sup> , 2010	5:15 PM @ BIG BEAR
Friday, September 3 <sup>rd</sup> , 2010	5:15 PM @ BIG BEAR

##### SQUIRT (U10 and under)

Monday, August 30 <sup>th</sup> , 2010	6:30 PM @ BIG BEAR
Tuesday, August 31 <sup>st</sup> , 2010	6:30 PM @ BIG BEAR
Friday, September 3 <sup>rd</sup> , 2010	6:30 PM @ BIG BEAR

##### PEEWEE (U12 and under)

Monday, August 30 <sup>th</sup> , 2010	7:45 PM @ BIG BEAR
Tuesday, August 31 <sup>st</sup> , 2010	6:45 PM @ BIG BEAR
Friday, September 3 <sup>rd</sup> , 2010	7:45 PM @ BIG BEAR

##### BANTAM (U14 and under)

Tuesday, August 31 <sup>st</sup> , 2010	5:30 PM @ BIG BEAR
Thursday, September 2 <sup>nd</sup> , 2010	5:15 PM @ BIG BEAR
Friday, September 3 <sup>rd</sup> , 2010	5:30 PM @ BIG BEAR

##### MIDGET (U19 and under)

Monday, August 30 <sup>th</sup> , 2010	8:00 PM @ BIG BEAR
Wednesday, September 1 <sup>st</sup> , 2010	8:00 PM @ BIG BEAR
Thursday, September 2 <sup>nd</sup> , 2010	5:15 PM @ BIG BEAR

#### PEEWEE CHECKING CLINICS

Thursday, September 1 <sup>st</sup> , 2010	6:30 PM @ BIG BEAR
Saturday, September 4 <sup>th</sup> , 2010	9:30 AM @ BIG BEAR
Sunday, September 5, 2010	9:30 AM @ BIG BEAR

#### GOALIE CLINICS

All Ages:	
Friday, September 3 <sup>rd</sup> , 2010	6:45 PM @ BIG BEAR
Saturday, September 4 <sup>th</sup> , 2010	10:45 AM @ BIG BEAR
Sunday, September 5, 2010	10:45 AM @ BIG BEAR



# EVOLUTION

## ELITE HOCKEY ACADEMY

### **THE RECREATIONAL PROGRAM WILL INCLUDE:**

#### **100 TOTAL HOURS OF TRAINING (25 WEEKS)**

- 75 hours on- ice (25 hours of skills, 25 hours of practices and 25 hours of games/scrimmages. 50 hours on half-sheet of ice + 25 hours on full sheet of ice).
- 25 hours off-ice shooting/stick handling and passing.

### **THE RECREATIONAL PROGRAM WILL INCLUDE THE GOALIE PROGRAM:**

Evolution Recreational Hockey Program will offer Goalie clinics and includes:

- 12 hours on-ice Goalies only Skills

***Season starts September 14<sup>th</sup>, 2010.***

**Evaluation fee: \$15**

**Checking Clinics: \$55** (USA Hockey recommends all first year Pee Wees to participate in preseason checking clinics)

**Goalie Clinics: \$55** (optional)

**Recreational Program Fees - \$985.00 all levels!**

**Payment plan:**

1. \$485 first installment by September 1st.
2. \$250 second installment by October 1st.
3. \$250 final payment by November 1st.

**For preliminary schedule please visit: [www.evolutionelitehockey.com](http://www.evolutionelitehockey.com)**

**ALL PRACTICES AND ALL HOME GAMES AT BIG BEAR ICE ARENA!**

### **Recreational Program Important Dates**

Program duration: From September 14<sup>th</sup>  
Team schedules will be posted on August 20<sup>th</sup>

#### **EVOLUTION SCHEDULE**

There is only one session, so please make every effort to attend!

1. Pre-Mites (All): Tuesday, September 7 @ 5:00-6:30 PM
1. Mites (All): Monday, September 6 @ 5:15-6:15 PM
2. Squirts (All): Thursday, September 9 @ 6:30-7:30 PM
3. Pee Wees (All): Wednesday, September 8 @ 8:00-9:00 PM
4. Bantams (All): Saturday, September 11 @ 1:15-2:15 PM
5. Midgets (All): Friday, September 10 @ 3:45-4:45 PM

#### **PEEWEE CHECKING CLINICS**

Thursday, September 1 <sup>st</sup> , 2010	6:30 PM @ BIG BEAR
Saturday, September 4 <sup>th</sup> , 2010	9:30 AM @ BIG BEAR
Sunday, September 5, 2010	9:30 AM @ BIG BEAR

#### **GOALIE CLINICS**

All Ages:	
Friday, September 3 <sup>rd</sup> , 2010	6:45 PM @ BIG BEAR
Saturday, September 4 <sup>th</sup> , 2010	10:45 AM @ BIG BEAR
Sunday, September 5, 2010	10:45 AM @ BIG BEAR

**FOR NEWS AND UP TO DATE INFORMATION PLEASE VISIT:**

**[www.evolutionelitehockey.com](http://www.evolutionelitehockey.com)**

**[www.theaccelerationinstitute.com](http://www.theaccelerationinstitute.com)**