

**Total Hockey Academy
Mite Mayhem Registration**

Player Information

Name _____
Address _____
City, State, Zip _____
Home# _____
Cell# _____
Age Level _____
Previous Team _____
Referred by _____

Parents

Name _____
Number _____
Email Address _____

Registration and Payment

Camp Cost \$175

Please make checks payable to Total Hockey Academy, or you can register online at www.totalhockeyacademy.com.



Total Hockey Academy

9051 Harlan St
WESTMINSTER, CO
80030
303-381-6326

**Sign up quickly, there are
only 24 spots per camp!!!!**

TOTAL HOCKEY ACADEMY STAFF

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TOTAL HOCKEY ACADEMY

U8 Mite Mayhem



Camp Dates

July 6th— July 10th

Camp Schedule

- 2 off ice work outs
- 3 on ice work outs

Total Hockey Academy

Mite Mayhem

The Goal

The goal of THA Mite Mayhem is to give the future of Colorado hockey a chance to work with an elite coaching staff to help build a solid foundation of basic hockey skills. We will work off-ice the first two days of the camp on shooting, passing, skating and stick-handling and then transition those skills to ice for the last three days of the camp. The on ice will consist of a lot of edge work and power skating and also working to reinforce the skills worked on at THA (shooting, passing, skating, and stick-handling). We will also have some fun at the end of each skate.

Camp Schedule & Agenda

The Mite Mahem camp will consist of five sessions concentrated over a week span combining both on ice and off-ice training.

July 6th – July 10th
Camp days

Tuesday July 6th: Total Hockey Academy 4– 5pm
Wednesday July 7th: Total Hockey Academy 4– 5pm
Thursday July 8th: @ APEX Arena 4– 5pm
Friday July 9th: APEX Arena 4pm– 5pm
Saturday July 10th: @ APEX Arena 1pm– 2pm

Missed camp sessions do not carry over into other camps. Camps are subject to cancelation due to lack of participation.

Shooting

The camps will work on each of the four major shots, focusing on strengthening, release, general form, catch and release, and both forehand and backhand passing.



Stick-handling

-Rolling wrists, transferring weight, top hand stick-handling, multi-tasking, vision, strengthening fakes and dekes, and much more.

The kids will work on all different aspects of stick-handling over the week camp. They will also be sent home with a stick-handling circuit that can be done at home.

Multi-tasking

We use slide boards, balance boards, and speed ladders together with vision tools and stick-handling balls to force the kids into working on using their hands, feet and eyes together in unison.

Speed Ramp

The speed ramp is a state of the art, acceleration tool as well as a great place to work on all aspects of forward skating. The laser timing system tracks your progress and promotes competition making training fun and easy.



Camp Instructors

Nick Larson– Nick won back-to-back national championships at the University of Denver in 2004 and 2005.

Gabe Gauthier– Gabe is currently playing with the Grand Rapids Griffins which is the LA Kings AHL affiliate. Also a DU back-to-back national champion.

Various Appearances by current and former University of Denver Pioneers is possible, including current NHL and AHL players

Ryan Caldwell (Phoenix Coyotes 2008)

Aaron MacKenzie (Avs 2009)

Kevin Ulanski (Colorado Eagles 2010, CHL League MVP)

Adrian Veideman (Anaheim Ducks 2009 AHL affiliate)

Our Current Staff– Nate Burch, Drew Allen, Brendan Phelps, and Andrew Tamura