

Total Hockey Academy

Bantam Registration

Player Information

Name _____

Address _____

City, State, Zip _____

Home# _____

Cell# _____

Age Level _____

Previous Team _____

Referred by _____

Parents
Name _____

Number _____

Email Address _____

Registration and Payment

Cost—\$225

***** Includes 5 ice times and a camp jersey**

You can register by sending in this brochure, please make checks payable to Total Hockey Academy. You can also register with a credit card at www.totalhockeyacademy.com



Total Hockey Academy

Sign up quickly, there are only 32 spots per camp!!!!

TOTAL HOCKEY ACADEMY STAFF

DIRECTOR OF SPORTS PERFORMANCE

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TOTAL HOCKEY ACADEMY

www.totalhockeyacademy.com

Bantam Forward and D-Man Camp



Camp Dates

July 6th

To

July 10th

Join Back –to-back NCAA national champions Nick Larson and Gabe Gauthier for a week of hockey enlightenment.

TOTAL HOCKEY ACADEMY BANTAM CAMP

Camp Agenda

The Bantam forward and d-man camp will focus on teaching kids the right way to put checking into their games. The camp will also focus on positional skills for both forward and defenseman individually. We will work with the kids on a wide array of individual skills including; stick-handling, shooting, passing, edge work, and power skating. Each of the skates will be 1 1/2 hours, the first hour will be skills and teaching and the following 30 minutes will be small area games or a full ice scrimmage.

Camp Schedule

Dates: Tuesday July 6th to Saturday July 10th

Tuesday– 7PM to 8:30PM

Wednesday– 7PM to 8:30PM

Thursday- 7PM to 8:30PM

Friday- 7PM to 8:30PM

Saturday– 12:30PM to 2 PM

Position Specific Skills

Gabe Gauthier will work with the forwards individually every day on different skills including creating time and space, playing without the puck, one-on-ones, etc.. Nick Larson will work with the defensemen on footwork, one-on-ones, hip checks and philosophy.

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.

Edge Work and Power Skating

Edge work is something that is used in all skills in the game of hockey and can never be worked on enough. Edges are used to stick handle, shoot, protect the puck, etc...

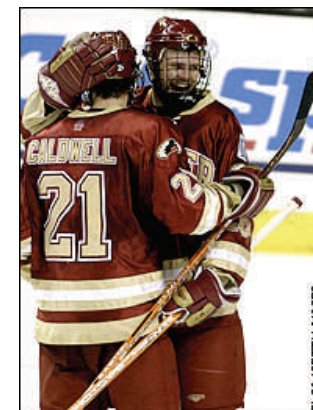
Shooting

The camps will work on each of the four major shots, focusing on strengthening, release, general form, catch and release, “shooting in stride” and one-timers.



Checking

We take the kids through all aspects of checking and different types of checking. Angling is one of the biggest parts of checking and also the most over looked aspect. The camp will teach the kids stick on stick, body on body checking, hip-checks, and open ice checking.



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