

ADVANCED POWER HOCKEY CAMPS 2011



**Benedictine University, Lisle IL &
7 Bridges Ice Arena, Woodridge IL**

REGISTER ON LINE @
www.advancedpowerhockey.com

Print and Mail payment form to:

APH

6690 S. Route 53

Woodridge, IL 60517

or fax it to 630-521-1150

**TRAIN WITH THE BEST
TO BE YOUR BEST**

ADVANCED POWER HOCKEY CAMPS

ADVANCED HEAD STAFF

Gino Cavallini- Director

- 11 Year NHL Hockey Player
 - Barrington High School Hockey Director 2005-2007
 - Barrington Redwings Hockey Director 2006-2007
 - St. Louis AAA Blues Midget Major Head Coach 2007-2008
 - St. Louis Selects Co-Founder & Hockey Director 2008-2011
 - St. Peter Spirit Hockey Director 2010-2011
 - Chicago Mission Head Coach 2011-2012
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Greg Tam- Instructor

- Chicago Mission U19 Girls Head Coach 2008-2009
 - Chicago Mission U19 Girls National Champion Asst. Coach 07-08
 - Chicago Mission Peewee Major Asst. Coach 2009-2010
 - Chicago Mission Peewee Major Head Coach 2010-2011
 - State Champions Peewee Major 2010-2011
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Chris Michael- Instructor

- Chicago Mission 94's, 96's, 97's, U19 Girls Asst. Coach 2007-2008
 - Chicago Mission 1997 & U19 Girls Asst. Coach 2008-2009
 - Chicago Mission Peewee Major Head Coach 2009-2010
 - State Champions Peewee Major 2009-2010
 - Chicago Mission Bantam Minor Head Coach 2010-2011
 - State Champions Bantam Minor 2010-2011
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Rob Hutson- Instructor

- Former Division 1 Hockey Player - University of Illinois 1991-1996
 - Rookie of the Year 1991-1992, Record Holder for Power Play goals
 - Hockey Director - Barrington Redwings 2007-2011
 - Hockey Director - Barrington Broncos 2007-2011
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ADVANCED POWER HOCKEY CAMPS

ADVANCED HEAD STAFF

Anders Sorensen- Instructor

- Chicago Mission Hockey Director 2007-2011
 - Bantam Major AA National Champions 2002-2003
 - Runner UP Tier 1 Midget Major Nationals 2005
 - Chicago Mission Bantam Major Head Coach 2008-2009
 - Runner Up Tier 1 Bantam Majors Nationals 2009 & 2011
 - National Champion Mission Midget Major Head Coach 2009-2010
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Mike McPartlin- Instructor

- Former Division 1 player- Notre Dame
 - Owner/Director- TAC Hockey, Inc.
 - Coaching Education Program Director (IL)- USA Hockey
 - Chicago Mission Bantam Minor Head Coach 2008-2010
 - AHAI Coaching Committee Chairman
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Steve Sarauer- Instructor

- Attended the Phoenix Coyotes NHL Rookie Camp 2002
 - Coached Several AAA Milwaukee area teams 2003-2006
 - Barrington Redwings Peewee Head Coach 2008-2009
 - Barrington High School Assistant Coach 2007-2011
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Each level will also have College and Junior A Players as Camp Counselors to help with both on and off ice activities.

CAMP ON-ICE FEATURES

On-Ice Player Training

Advanced Power Hockey Camp prides itself on its hard-core, high-intensity hockey curriculum. Campers are on the ice three times each day working on individual skills. Precision puck control, edge control and agility-including upper body shifting, high speed pivoting and transitional speed, power cornering, first step quickness, lateral movement and change of direction, fakes and dekes, improved balance, split second reaction time, on ice vision, backward skating mobility, lower body coordination, and shooting. Advanced staff members are ready to assist each camper by showing them proper form and technique.



Teams play in a round robin tournament with the championship games culminating on the last day of camp. Competitive games provide campers with an opportunity to put into play both the individual and team skills that they have acquired throughout the week.

Team training focuses on the value of team play and gives each player a better understanding of their duty on the ice and how to utilize the other players on their team..



On-Ice Team Training

Each night, Advanced players will participate in competitive games .



CAMP OFF-ICE FEATURES

Off-Ice Player Training

Designed to improve strength, agility, speed and endurance, off-ice training incorporates aerobic activities along with plyometrics. Advanced Power Hockey uses this time to work with campers on hockey techniques such as shooting and passing, as well as exercises to improve strength and agility such as vertical jumps, sprinting, and high knee runs. Along with improving

physical game, players also work on their psychological game through visualization exercises. All done at the state of the art off ice weight room and turf field.



TYPICAL DAILY RESIDENTIAL SCHEDULE WILL INCLUDE

Breakfast
Locker Room Chalk Talk
On-Ice Training
Video Tape Analysis
Lunch
Dry land Training & Recreation
On-Ice Training
Teambuilding Clinics
Dinner
Off Ice Activities
Snack

ADVANCED POWER HOCKEY CAMPS

Benedictine University

5700 College Rd, Lisle, IL 60532

Back again for a repeat performance of its past camps, Advanced Power Hockey Camps are offering two residential camps, A-AA and High School, at Benedictine University, Lisle Illinois. Located 20 miles west of Chicago, Benedictine University can be easily reached by interstate highway.



Seven Bridges Ice Arena

6690 S. Route 53, Woodridge IL 60517



Located just 5 minutes from Benedictine University, this state of the art facility offers 2 full sheets of ice, state of the art weight room and turf field.

Both facilities will give each camper the opportunity to train at the maximum level.

Players will be bussed to and from Benedictine University and 7 Bridges Ice Arena during the duration of the camp.

ADVANCED POWER HOCKEY 2011 REGISTRATION

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Woodridge, IL 60517

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Benedictine University & 7 Bridges Ice Arena

A-AA Camp

July 24 - July 28th, 2011

Sunday thru Thursday

\$799.00

High School Camp

July 28th - July 31st, 2011

Thursday Thru Sunday

\$575.00

(A non refundable deposit of \$350.00 is required with each application)

4% Surcharge on all Credit Card payments