

COST

SKATERS.....\$325
GOALIES.....\$175

***Families with more than 1 child receive \$50 off for each additional skater**

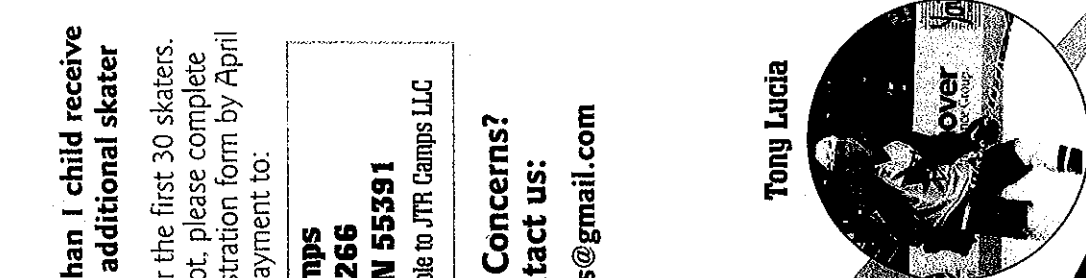
Each session is reserved for the first 30 skaters. In order to reserve your spot, please complete and mail the attached registration form by April 15, 2012, including your payment to:

JTR Camps
PO Box 266
Wayzata, MN 55391
* Please make checks payable to JTR Camps LLC

Questions or Concerns?
Please contact us:

Email: JTRcamps@gmail.com

Ryan Flynn



Tony Lucia



HEAD INSTRUCTORS

Justin Bostrom – Justin played his High School hockey for the Mounds View Mustangs. He was named AP and St. Paul Pioneer Press All-State Honorable mention, second team Minneapolis Star Tribune All-Metro and all-Suburban East conference in both his sophomore and junior seasons. Justin played his senior year of high school in the USHL, where he played for the Sioux City Musketeers. He was named to the USHL all-star game and reached the Clark Cup Final with the Musketeers before they fell in 5 games. Justin became a Golden Gopher in 2005. During his time as a Gopher, Justin lettered all 4 seasons. He was a member of the 2005 team that captured the MacNaughton Cup, as well as the 2006 team that won both the MacNaughton Cup and Broadmoor Trophy. Justin was an assistant captain of the 2009 team, where he shared the team's Unsung Hero Award with Tony Lucia, while also winning awards for Most Determined Player and Community Service. Justin has played professional hockey the last 3 seasons in Norway.

Tony Lucia – Tony played his High School hockey for the Wayzata Trojans. There, he was named AP honorable mention All-State, first team All-Metro, and All-Classic Lake Conference. He led the Trojans to the 2004 State Tournament, where they finished 4th. From there, Tony went on to play in the USHL for the Omaha Lancers, where he finished 5th on the team in scoring in 2006. Tony became a Golden Gopher in 2006, where he lettered for the next 4 seasons. During his time as a Gopher, Tony was a member of the 2007 Broadmoor Trophy and MacNaughton Cup winning team. He shared the team's Unsung Hero Award in 2009 with Justin Bostrom, and captained the 2010 team while being named the team's Most Valuable Player. Tony was drafted by the San Jose Sharks in the 2005 NHL draft, and played the last two seasons with the Worcester Sharks in the AHL.

Ryan Flynn – Ryan played two years of High School hockey for the Centennial Cougars, where he won a state championship in 2004. He was named North Suburban All-Conference and All-State honorable mention during his time at Centennial. From Centennial, Ryan spent the rest of his high school days playing for the U.S. National Development Program in Ann Arbor, Michigan, where he helped the U.S. National Under-18 Team to the gold medal at the 2006 IIHF World Championship in Sweden. Ryan became a Golden Gopher in 2006, where he lettered for the next 4 seasons. During his time as a Gopher, he was a two year captain (08-10) and a member of the 2007 Broadmoor Trophy and MacNaughton Cup winning team. During his sophomore year Ryan represented Team USA at the 2008 IIHF World Junior Championships where the team placed 4th and was selected as player of the game in the semifinal loss against Canada. Ryan was drafted by the Nashville Predators in the 2006 NHL draft, and played the last two seasons with the Predator's affiliate Milwaukee Admirals in the AHL.

JTR HOCKEY CAMPS

**"Developing Skills
for the
DEDICATED ATHLETE"**



Lucia



Bostrom



Flynn

All ice times are
scheduled at
William Civic
Center Arena

CAMP REGISTRATION

Player's Name: _____
 Date of Birth: _____ / _____ / _____
 Address: _____
 City: _____ Zip: _____
 State: _____
 Most recent team: _____
 Level: (circle) A B C
 Position: (circle) Forward Defense
 Parent(s): _____
 Home Phone: _____
 Work Phone: _____
 Cell Phone: _____
 Email: _____

CANCELLATION POLICY:
 There will be no refunds for cancellation for any reason, medical or otherwise.
 Parent/Guardian signature required with all registrations.
 All sessions may be assigned to the attendee, based on availability and/or skill level.

JTR DRYLAND HOCKEY CAMP WAIVER
 I, the parent/guardian of _____
 realize that JTR Camps staff may have to act in a medical emergency concerning my child and that its staff has my permission to do so until first responders arrive. I hereby waive and release JTR Camps LLC, Justin Bostrom, Tony Lucia, Ryan Flynn and all other JTR Camps LLC staff from any and all claims of any kind, including but not limited to personal injury relating to or occurring during this hockey camp.

Parent/Guardian Signature _____
 Date: _____

CAMP SCHEDULE

Week 1 (June 11-15) Mite/U10, Squirt/U12
Week 2 (June 18-22) Pee wee, Bantam

Session 1 (Mites/U10, wk1; Pee wee, wk2)

Ice: 9:00-10:30 am
 Dryland: 10:45-11:30 am
 Lunch: 11:30-12:15 pm
 Ice: 12:30-1:30 pm

Session 2 (Squirt/U12, wk1; Bantam, wk2)

Ice: 10:45-12:15 pm
 Dryland: 12:30-1:15 pm
 Lunch: 1:15-2:00 pm
 Ice: 2:15-3:15 pm

CAMP STRUCTURE

ICE #1

*The ability to skate is the most important skill in playing hockey. In our camp, for the first ice session, we will start the session by focusing on all aspects of skating. We will help players better their skating skills by working on technique, power, stopping, starting, overspeed training, acceleration, crossovers, and turning with speed and confidence. After skating, we will break into groups where coaches will have the opportunity to work individually with players on goal-scoring, passing, shooting, puckhandling, and many other skills.

DRYLAND TRAINING

*During dryland training we will be focusing on plyometrics, speed, explosiveness, quickness, agility, shooting, and puckhandling. Off-ice training is essential to player development, and we will provide players with opportunities to improve both during camp as well as in the future.

ICE #2

*The second ice session will be focused around small games and scrimmages. This will provide a great opportunity for players to compete with each other in a game-like atmosphere. During that ice session, players will continue to better develop their skills and put into practice the details that were taught earlier that day.

GOALS OF CAMP

Goals

*The goal of our hockey camp is to provide a unique opportunity for hockey players interested in improving their skating, stick handling, shooting, passing, and work ethic. We will provide an atmosphere for tremendous improvement for all players willing to become a more complete player. The staff will create a fun, learner-friendly environment that will help these players reach their goals.

How will we achieve this goal?

*Our staff looks forward to sharing their hockey knowledge, passion, and experiences to these young players to help refine their game. They are passionate about coaching the game to young players so that someday their dreams can become reality.

*In our camp, we will provide a high coach-to-player ratio by breaking into smaller groups. In this setting, the staff will have the ability to best develop each individual player. It will also allow the player the highest repetitions possible to best utilize the players ice time.

Questions or Concerns?

Please contact us:

Email: JTRcamps@gmail.com

