



Rick Heinz Summer Camp - @ Moylan Week of June 16th

The Rick Heinz Hockey School will be returning to Omaha again this year and offering both their Player Skills and Goalie specific programs. Brochures are available at Moylan Ice Plex.

Rick Heinz Summer Schools

The Rick Heinz Hockey School will be returning to Omaha again this year and offering both their Player Skills and Goalie specific programs.

Both programs include:

- Skills Competitions
- Showdown Contests
- Individual Awards
- Experienced Instructors
- Qualified Shooters
- Challenging Programs

Dates: June 16 – 20 (Monday thru Friday) 9AM – 3pm

Location: Moylan Ice Plex - Omaha

Cost:

Player Program \$425

Goalie Program \$450

(Elite Program is \$500 and is restricted to goalies 13 of age or older)

Early Bird Registration Discount (Must be received by April 15, 2008) - \$20

Returning Discount - 2nd Consecutive Year - \$40

Register @ www.rickheinz.com

More information can be found online or below:

PLAYER CAMP

The player training is equally focused on the development of both the offensive and defensive player. The program includes:

- 3 hours on ice / 3 hours off-ice per day
- Video Analysis
- Report Cards
- Awards
- Much, much more

Part 1 - Power Skating - Teaches how to maximize and strengthen your skating ability.

Part 2 - Puck Skills - Learning how to control the puck making it feel like a part of your stick.

Part 3 - Protection, Body & Checking - Designed for all ages and skill levels. We believe it is vital to train properly on how to check and how to protect yourself.

Part 4 - Program Fusion - "Game Situations" Taking what you learn on the ice - fused together with goalies to put into practice. Note: Fusion occurs at a one group school. For a two group school see "Typical Day".

GOALIE CAMP

Rick Heinz Goalie program incorporates over 30 years of goalie training and includes:

- 3 hours on ice / 3 hours off-ice per day
- Eye/hand drills, reflex and strength conditioning
- Video Analysis
- Report Cards
- Awards
- Much, much more

Regular Program - *Ages 6-10* - Basic Fundamental Skills - "Working extensively on all the goaltending fundamentals; broken down systematically by demonstration, correction, repetition and positive reinforcement."

Advanced Program - *Ages 11-12* - Game Situation Drills - "Focusing exclusively on game situations helping goalies to apply all the fundamentals to defending the goal in game situations....teaching goalies to analyze a variety of scoring opportunities and giving them a system on how to defend against each scoring threat while building their confidence".

Elite Program - *Ages 13 and up* - Circuit Training Techniques - Our unique Elite program incorporates high intensity drills into a challenging environment. Restricted to goalies 13 of age or older - midget, high school, junior, college and pros with a 'shoot to score' intensity."

Please Note: Suggested ages above are used as a guideline.