

# 2010 American-North Mite Age Summer Hockey Camp at the Ameri-Can North Sports Center

**Monday, July 26 – Friday, July 30**

- Aimed at players 6, 7 and 8 years old (birth years 2002, 2003, 2004) or designed for "mite eligible" players in the 2010-2011 hockey season.
- With 2 hours of on-ice instruction, fun off-ice activities, lunch and snacks daily (included in the camp price).
- Each player will receive a jersey.
- A fun, cost-effective summer experience!
- Camp fee- \$150.00
- **Representative daily schedule \***

8:30-8:45am players report to rink

9:00-10:00am ice session #1

10:00-10:30am change and snack

10:30-11:45am outdoor activity

11:45-12:15pm lunch

12:15-1:00pm afternoon activity

1:00-1:30pm locker room

1:30-2:30pm ice session #2

2:30-2:45pm change and snack

2:45pm players depart for the day

The focus of the camp will be on individual skill development and review through a variety of skill stations that aim to challenge each player at their own level. In addition, players will learn or review fundamental team concepts and skills through a series of cross-ice games with the possibility of some full-ice competition as well. The on-ice portion of each day (2 hours) will provide players an opportunity to improve skating, stickhandling, passing and shooting skills in a structured setting with low player to coach ratios. The camp will be staffed by USA Hockey certified coaches and local high school players under the direction of Rob and Nicole Knowles.

Off-ice activities in the morning and afternoon will give players a chance to practice skills learned on-ice and to participate in other organized sports activities.

The camp's overall goal is for the players to have a fun and enjoyable hockey experience as they refresh their skills in anticipation of the upcoming season.

*The camp will be limited to the first 30 paid registrants so don't delay. Registration deadline is Friday, June 18<sup>th</sup>. A \$150 non-refundable camp fee is due at the time of registration. Please make checks payable to **JC Icemen Enterprises**. Registration forms and payment may be turned in at the Ameri-Can North Sports Center main office or mailed to:*

**Ameri-Can North Sports Center**

**90 Sharron Avenue**

**Plattsburgh, NY 12901**

Questions about the camp should be directed to:

Jamie Reidy: [jreidy23@yahoo.com](mailto:jreidy23@yahoo.com) or

Rob and Nicole Knowles: [nknowles88@aol.com](mailto:nknowles88@aol.com)

\* Specific alterations may be made to the daily schedule.

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Summer Hockey Camp at the  
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Please complete the following  
registration information

Players Name \_\_\_\_\_

Age \_\_\_\_\_

Birthdate \_\_\_\_\_

Last team played for and level \_\_\_\_\_

Position \_\_\_\_\_

Address \_\_\_\_\_

Parent(s) Name(s) \_\_\_\_\_

Parent contact # \_\_\_\_\_ (H)

\_\_\_\_\_ (C)

Parent email \_\_\_\_\_

Emergency contact information:

Name \_\_\_\_\_

Relationship \_\_\_\_\_

Contact # \_\_\_\_\_

Medical concerns \_\_\_\_\_

Jersey size (Youth S/M or L/XL) \_\_\_\_\_

Lunch will be served daily to all participants.  
The following selections will be available:

Choice 1: Hamburger and fries

Choice 2: Hot dog and fries

Choice 3: Chicken nuggets and fries

Choice 4: Grilled cheese and fries

Choice 5: PB & J sandwich and fries

A beverage will also be included in the  
lunch. Students may bring a bag-lunch with  
them as an alternative to the lunch choices.

Please indicate a lunch choice for your child  
for each day of the camp:

Monday 7/26 \_\_\_\_\_

Tuesday 7/27 \_\_\_\_\_

Wednesday 7/28 \_\_\_\_\_

Thursday 7/29 \_\_\_\_\_

Friday 7/30 \_\_\_\_\_

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