

# Alex Vasko Summer Hockey Camp Registration Form

Player's Name: \_\_\_\_\_

DOB: \_\_\_\_\_

11-12 Season Team: \_\_\_\_\_

Position: \_\_\_\_\_

Jersey Size (circle one):

Youth:        S        M        L        XL

Men's:        S        M        L        XL

Parent Name: \_\_\_\_\_

Parent's Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ ZIP: \_\_\_\_\_

E-Mail: \_\_\_\_\_

How many days of camp would you like to attend? 1 2 3 4 5

Specify: Day 1 Day 2 Day 3  
Day 4 Day 5

## Enrollment and Fees:

Fee for 5 days: \$450.00

Fee for 1 day: \$105.00

Please, fill out the Registration Form and submit it with non-refundable deposit of \$105.00 to:

**Revolution Ice Centre**  
**c/o Alex Vasko**  
**12 Old Boston Rd**  
**Pittston, PA 18640**

*Make check payable to Alex Vasko*  
*Remaining balance is due the first day of the camp*

### *Our Host Hotel:*

*TownePlace Suites by Marriott*  
*26 Radcliffe Drive, Moosic, Pa 18507*  
*ScrantonTowneplace.com*

*Contact Cindy for Revolution Hockey*  
*Training Centre Discount Rates at (570) 207-8500*



# Summer 2012

## Alex Vasko

## Advanced Hockey Skills Camp

**Five Day  
Intensive Hockey Skills Training  
Program**

**With Head Coach of Wilkes-  
Barre/Scranton Junior Knights  
Bantam 97 AAA**

**July 16<sup>th</sup> – 20<sup>th</sup> DOB: 99, 00, 01**

**July 21<sup>st</sup> – 25<sup>th</sup> DOB: 96, 97, 98**

Contact Information:

Alex Vasko  
alexvasko@yahoo.com  
(917) 238-0478

FOR SCHEDULE UPDATES,  
PLEASE GO TO  
[www.alexvaskohockey.com](http://www.alexvaskohockey.com)



**Alex Vasko**

## **Advanced Hockey Skills Camp**

This is an advanced hockey skills program based on ten years of playing professional hockey and five years of coaching experience by Alex Vasko.

This camp is a great opportunity for everyone to improve hockey skills, physical endurance level and to have a lot of fun!

The training program will challenge even the most skilled and physically strong players!

Please bring your full hockey equipment, sneakers, training apparel, positive attitude and desire to become a better hockey player.

## **Camp Program Includes:**

Five days of intensive skills training with two hours of On-Ice and one hour on Dry Land session every day. Training jersey will be provided.

Each day we will focus on different hockey techniques and core muscle groups. At the end of the camp you will improve your hockey skills level and enhance general physical strength.

## **Sample Schedule:**

\*\*\* SUBJECT TO CHANGE\*\*\*

On Ice Skating	9:00am-10:00am
Dry-land	10:15am-11:15am
Break/ Snack	11:15am-12:15pm
On Ice Skating	12:15pm-1:15pm

## **Camp Program**

### **Day 1**

On-Ice: Skating Skills: edge control, forward/backward skating, and transitions.

Dry Land: Lower Body Routine.

### **Day 2**

On-Ice: Shooting: wrist shot, back hand shot, slap shot, snap shot.

Dry Land: Abdominal Muscles.

### **Day 3**

On-Ice: Passing: forehand, backhand, one-touch pass.

Dry Land: Speed Agility.

### **Day 4**

On-Ice: Stick Handling: dribbling variations, development of strong wrists and quick hands.

Dry Land: Upper Body Routine

### **Day 5**

On-Ice: Puck Control Techniques: fake drills and moves, puck handling in diverse skating situations.

Dry Land: Cross-Country Running