



High School Age Hockey Players

June 27 to June 30, 2017

Stick Time Sports – 153 Springfield St, Agawam, MA

SKILL DEVELOPMENT COMBINE

Morning or Afternoon program is offered. Daily program consists of two 1 hour on-ice sessions and one off-ice strength and conditioning session. On-ice sessions are limited to 6 skaters and 2 goalies to maximize teaching/coaching environment.

MORNING COMBINE SCHEDULE

Ages 14-15

8:00am to 9:00am - On Ice

9:15am to 10:15am - Strength & Conditioning

10:30am to 11:30am - On Ice

Ages 16-18

9:15am to 10:15am - On Ice

10:30am to 11:30am - Strength & Conditioning

11:45am to 12:45pm - On Ice

AFTERNOON COMBINE SCHEDULE

Ages 14-15

1:00pm to 2:00pm - On Ice

2:15pm to 3:15pm - Strength & Conditioning

3:30pm to 4:30pm - On Ice

Ages 16-18

2:15pm to 3:15pm - On Ice

3:30pm to 4:30pm - Strength & Conditioning

4:45pm to 5:45pm - On Ice

TUITION – \$380.00

ON - ICE PROGRAM

On-ice practice sessions will be run by Len Quesnelle with a focus on the following areas of development:

- **Skating** (agility, edge control, balance, foot speed, power)
- **Puck Skills** (tight area puck handling, passing, shooting technique, puck protection)
- **Good On-Ice Habits** (at all 3 positions)
- **Small Game Competition** (controlled situational play on offense and defense)

ON - ICE COACH – LEN QUESNELLE

Scout, Detroit Red Wings

Director, Preseason Position Clinic

Director, Western Mass Hockey School

- Assistant Hockey Coach, UMass Amherst (2004-2013)

- Scout, Canadian National Men's Team (2004)

- Head Hockey Coach, Princeton University (2000-2004)

- Asst. Hockey Coach, Princeton University (1988-2000)

OFF - ICE PROGRAM

Off-ice program will be run by Ryan Rackliffe – Strength Coach and Certified Exercise Physiologist. Emphasis will be on core strength exercises designed specifically for hockey players as well as proper lifting technique and flexibility.

OFF - ICE COACH – RYAN RACKLIFFE

Strength Coach, Stick Time Sports

MORE INFORMATION

For further information call 413-687-2607 or email us at quesnelle@nehf.net. You can register online through our website nehf.net or mail completed application and payment to **New England Hockey Factory, P.O. Box 221, Sunderland, MA 01375**

Player Name

Address

Parent Name

City/State/Zip

Email Address

Home/Cell Phone #

Player DOB

Player Height

Player Weight

Current Team

Combine Session:

- Morning
- Afternoon

Position:

- Forward
- Defenseman
- Goalie

Payment Method:

- Check Enclosed (Payable to New England Hockey Factory)
- Credit Card (Call 413-687-2607 with CC info)