

**GET AN EARLY START ON YOUR TRAINING FOR THE UPCOMING HOCKEY SEASON**



**POSITION SPECIFIC SKATING & AGILITY DRILLS FOR DEFENSEMEN & FORWARDS**

**DEVELOP YOUR PUCK SKILLS & SHOOTING TECHNIQUE**

**ADD DETAIL AND GOOD HABITS TO YOUR GAME AT YOUR POSITION**



**ELEVATE YOUR POSITIONAL PLAY AND GAME AWARENESS IN A COMPETITIVE AND FUN LEARNING ENVIRONMENT**



## **DAILY PROGRAM**

9:30am - 10:45am *On Ice Instruction*

11:00am - 12:00pm *Off Ice Training/Video*

12:00pm *Snack*

12:30pm – 1:45pm *On Ice Instruction*

*Players are asked to bring their own snack.*

## **MEDICAL INFORMATION**

All players must have their own health insurance.

## **CANCELLATION POLICY**

Requests for cancellation must be made by contacting us at 413-687-2607. All monies paid, except for a \$50 administrative fee, will be refunded if the request is made at least two weeks prior to the start of the clinic. There will be no refunds for requests received within two weeks of the start of the clinic unless the request is accompanied by a documented medical reason. A \$20 surcharge will be applied for returned checks.



**AUGUST 5 – 7, 2024**

**POSITION SPECIFIC HOCKEY CLINIC**

**FORWARDS  
&  
DEFENSEMEN**

**AGES 11 to 14**

**OLYMPIA ICE CENTER  
West Springfield, MA**

**Website – [nehf.net](http://nehf.net)**

**LIMITED SPOTS AVAILABLE**

## **PRESEASON POSITION CLINIC HIGHLIGHTS**

- Three-day position specific clinic for forwards and defensemen ages 11 to 14.
- Our focus on the ice is to teach and develop the necessary skills, details, and habits required for forwards and defensemen to advance in the game.
- Forwards and defensemen will learn and practice specific skills related to their position while knowing how and when to use those skills in a game.
- Each day consists of . . .
  - Two hours and thirty minutes of on-ice position specific training with the coaches.
  - Off-ice training for hockey players with Full Plate Strength & Conditioning.
  - Video review of on-ice tactics and techniques with the coaches.

## **ADDITIONAL ON ICE FOCUS . . .**

- **SHOOTING TECHNIQUE**
- **SPEED & EDGE CONTROL**
- **TIGHT AREA CONCEPTS**
- **PUCK SKILLS & CREATIVITY**
- **PUCK MANAGEMENT & PUCK PROTECTION**
- **OFFENSIVE & DEFENSIVE AWARENESS**

## **COACHES**

### **LEN QUESNELLE**

#### **Philadelphia Flyers, College Scout Preseason Position Clinic, Director**

- Asst. Coach, Boston University (2017-2022)
- Amateur Scout, Detroit Red Wings (2013-2017)
- Asst. Coach, Univ. of Massachusetts (2004-2013)
- Scout, Canadian National Men's Team (2004)
- Head Coach, Princeton University (2000-2004)
- Asst. Coach, Princeton University (1988-2000)
- Asst. Coach, NA College Hockey Series (1999)

### **BLAISE MACDONALD**

#### **Colby College, Head Coach**

- Asst. Coach, University of Massachusetts (2011-12)
- Head Coach, UMass Lowell (2001-2011)
- Head Coach, Niagara University (1996-2001)
- Associate Head Coach, Boston University(1990-96)
- Asst. Coach, UMass Lowell (1988-1990)
- Asst. Coach, Princeton University (1987-88)
- Asst. Coach, Dartmouth College (1985-1987)

### **CHRIS HALL**

#### **Babson College, Assistant Coach**

- Asst. Coach, Merrimack College (2018-2023)
- Asst. Coach, Colby College (2012-2018)
- Grad Assistant, Univ. of Massachusetts (2010-12)
- Asst. Coach, Amherst College (2010-2012)
- Student Coach, Univ. of Notre Dame (2005-10)
- Coach, Preseason Position Clinic (2011-present)

**Current and former college hockey players from western MA and New England will assist with on ice instruction.**

## **CLINIC INFORMATION**

Players will receive a Preseason Position Clinic jersey at check in. Confirmation of enrollment will be emailed to you once we receive your completed application form. For further information, please visit our website [nehf.net](http://nehf.net) or call **413-687-2607**. You can also email us at [quesnelle@nehf.net](mailto:quesnelle@nehf.net)

***There are a limited number of spots available at each position. Registration for each position is on a first come, first served basis.***

## **TUITION**

**\$270** (Family rate is \$250 per player)

To register and make a payment please visit our website - [nehf.net](http://nehf.net)

Online registration must also include payment in full or a \$100.00 deposit. The remainder of the tuition is due two weeks prior to the clinic.

