

Skills, Drills and Thrills!



Back by popular demand for the upcoming 2011-12 season... 'In Season' training sessions designed to augment the instruction and ice time being received with players' respective teams.

- **WHAT:** Training session once a week designed to deploy the American Development Model (ADM) age appropriate skill progressions. (Plus off-ice conditioners immediately after as a bonus element)
- **HOW:** Designed and supervised by Jack Vivian (**4 time Stanley Cup champion** as a scout for the New York Islanders) along with **area professionals** and Bluehawks travel coaches Brian Ridolfi, Colin Miller, Kelly Perrault and John Vivian.
- **WHERE:** South Metro Sports
- **WHEN:** 50 minute sessions beginning October 9th thru February 19th at 7:00PM each Sunday (except for Dec. 25th and Jan. 1st)
- **WHO:** Sessions intended for players age 11-18 (Peewee, Bantam and Midget). Players will be asked to commit to the training sessions in one of 2 ways:
 - \$20 per session (CAUTION: walk-ins will be permitted provided that space is available)
 - \$150 (upfront*) for 14 of the 17 sessions (*Additional sessions can be purchased at a \$10 rate for those committed upfront.)
- **WHY:** ADM recommends a ratio of practices (per game played) that is not practical in most organizations without a combined training session such as this is in place. The sessions will focus on skill progressions and small area games in order to develop player skills through repetition and competition.



“COMMIT TODAY TO SECURE YOUR SPOT!”

American Development Model: Visit the website at <http://www.admkids.com/>

- Age appropriate skill development targets priorities such as skating, puck handling, shooting and passing. Repetition helps to increase muscle memory.
- Suggested practice to game ratio of 4 to 1.
- Small Area games help to solidify skills in a fun and competitive environment



Don't buy that expensive stick... Buy quality ice time!

Name: _____

Birth Date: _____

Email: _____

Parents: _____

USA Reg#: _____

Commitment: (Mark One)

Wish to commit to at least 14 (of 17 sessions) at a special rate of \$150

Add me to the email distribution in the event that spots are available at a rate of \$20 per session



Make checks payable to 'South Metro Hockey'.

Mail your registration or bring to: South Metro | 10561 Success Lane | Centerville OH 45458