



HIGHLIGHTS

WEEKLY SESSIONS

July 29-August 2
August 5- August 9

BIRTH YEARS

2016's to 2006's

LOCATION

Cranbrook Wallace
550 Lone Pine Rd
Bloomfield Hills, MI

**Please pay before
7/5/2024**

Chase QuickPay:
romanandrys67@gmail.com

Venmo:
roman
andrys@roman-andrys

Or
Print registration form
Check to:
Roman Andrys
26440 Drummond Ct.
Franklin, MI 48025

Put in memo:
week 1, 2 or both

CONTACTS:
Roman Andrys
248-790-9842
romanandrys@yahoo.com

HOCKEY SUMMER CAMP

at Cranbrook Wallace Arena

About Jimmy John's Hockey Camp

Our summer Hockey Camp is back. Our staff is very excited and consists of our four full time Jimmy John's hockey coaches.

Our main goal is for the kids to have fun. In the process of having fun, we will build skills, condition, and emphasize teamwork. Every year we train players who play on Tier 1, USH, OHL, or college levels.

Below you will find our daily workout program. Players are divided into age appropriate groups and skill level throughout the program. This camp will set the pace for next season. Your child will be ready for the season, physically, and mentally.

Daily Program

The program runs Monday through Friday.

Players arrive at **10:00 a.m.** at Cranbrook Arena.

Every day 2 x 1 hour sessions on ICE, Goalie Coach on/off ice all the time.

2 x 1.5 hour dryland training session

\$ 20.00 early drop off (8:30am-10:00am) for early drop off you have to sign up and pay at least 48 hours prior to the day

Pick-up times

Monday-Friday 4:00 - 4:15 P.M. at Cranbrook Wallace Arena

The weekly program has the following schedule each day:

A.M. Schedule

Hockey Skills – Stick handling, pass & receive puck, shooting

DRYLAND– Core training, plyometrics, circuit training

Obstacle Course

Weights lifting (2010's-2006's)

P.M. Schedule Cardio Training

Hockey Skills – Skating, stride, edges, turns. All skating skills.
Small area Games

Track & Field – Soccer, relay races, hurdles, sprints training

More Information and Online Sign up including Waiver:

<https://jimmyjohnshockey.club/summer-camp/>

JIMMY JOHNS HOCKEY SUMMER CAMP

Registration and Pricing (USD)

Name (Last, First)
D.O.B.....
Parent's name.....
Parent's cell #.....
Parent's email.....

WEEKLY SESSIONS - **\$450.00 only if paid before JUNE 1 2024 !!!**

July 29 - August 2 (\$500.00).....

August 5 - August 9 (\$500.00).....

\$500 per weekly session. Please pay before **July 5**. Space is limited to 20 skaters per session.

Please make checks payable to: **Complete players development** and mail with this registration form:
Roman Andrys, 26440 Drummond Court. Franklin, MI 48025

All payments must be received in advance two weeks prior to the player's attendance at camp.

How to Register and PAY

Preferably fill out the on-line registration form and waiver at <https://jimmyjohnshockey.club/summer-camp/> or if you have no access to a computer/email print this registration form and mail it with a check to Roman or e-mail him this form. You can pay by Venmo, QuickPay, Zelle, Paypal (In Memo Put- Camp week 1, 2 or both). You must fill out the online waiver!

Training Staff

You all know both Roman and Jana Andrys's outstanding qualifications. **Roman** played professionally and on Czech National Teams (U-18 JWC bronze, U-20 JWC silver medal). He also trained many NHL European players and helped them to transition to play and live in North America.(Petr Sykora, Patrick Elias, Martin Straka, Stan Neckar, Miro Satan, Tomas Tatar and many others NHL/AHL/CHL players). **Jana** has a Master's Degree in Athletic Training. She has worked for an agent Petr Svoboda and with his NHL clients (Jakub Voracek, Ondrej Palat, Petr Mrazek, Jiri Hudler and many others) in their off-season training. They both have true passion and commitment to young hockey players. **Jan** Cekal 8 years Goalie coach, running clinics/camps in the Czech Republic with Petr Mrazek. **Michael** Konopka 6 years experience running camps in Europe and the USA. Both were outstanding hockey players.

This is a unique opportunity. We look forward to your participation.

**GOOD LUCK TO ALL PLAYERS. LET'S HAVE A GREAT SUMMER.
WORK HARD, PLAY HARD, HAVE FUN!!!**

