



WEEKLY SESSIONS:
August 4-August 8
August 11- August 15

BIRTH YEARS:
2017's to 2007's

LOCATION:
Cranbrook Wallace
550 Lone Pine Rd
Bloomfield Hills, MI

REGISTRATION:



COST:
\$475 if registered and
paid **by June 1**
\$525 after June 1
SPACE IS LIMITED
Please pay before
6/1/2025
Payments are
non-refundable

Pay By Zelle:
romanandrysts67@gmail.com

or
Venmo:
@roman-andrysts last 4dig
9842 or
By mail print
registration form email
& mail check to:
Roman Andrysts
26440 Drummond Ct.
Franklin, MI 48025

Put in memo: week 1,2 or
both

HOCKEY SUMMER CAMP

at Cranbrook Wallace Arena

5 FULL DAYS

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 Wallace Arena.

- **Every day 2 x 1 hour sessions on ICE, Goalie Coach on/off ice all the time during the camp.**
- **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:

Morning Schedule:

Hockey Skills – Stick handling, passing & receiving puck, shooting

DRYLAND– Core training, plyometrics, circuit training
Obstacle Course

Weights lifting (2011's-2007's)

Afternoon Schedule includes Cardio Training:

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

Track & Field – Soccer, relay races, hurdles, agility
& sprint training

More Information and Online Sign up including Waiver:

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

Camp Director **Roman Andrysts** romanandrysts@yahoo.com
cell 248-790-9842

WORK HARD, PLAY HARD, HAVE FUN!!

