

**WEEKLY SESSIONS:**

August 3-August 7  
August 10- August 14

**BIRTH YEARS:**

2018's to 2010's

**LOCATION:**

Cranbrook Wallace  
550 Lone Pine Rd  
Bloomfield Hills, MI

**REGISTRATION:****COST:**

**\$495** if registered and  
paid **by June 1**

**\$595** after June 1

**SPACE IS LIMITED**

**Please pay before  
6/1/2026**

**Payments are  
non-refundable**

**Pay By Zelle:**

[romanandrys67@gmail.com](mailto:romanandrys67@gmail.com)

or

**Venmo:**

@roman-andrys last 4dig  
9842 or

**By mail print  
registration form email  
& mail check to:**

Roman Andrys  
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 (2012's-20010'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 Andrys** [romanandrys@yahoo.com](mailto:romanandrys@yahoo.com)

cell 248-790-9842

**WORK HARD, PLAY HARD, HAVE FUN!!**



