



The Summer Meltdown is designed for the hockey player who is looking to take the next step to becoming a more proficient player. On-ice sessions will focus on enhancing skating techniques, puck control, team concepts, and defensive skills. Off-ice sessions will include dry land training and other hockey specific training.

THE 2017 SUMMER MELTDOWN

INCLUDES:

- 3 hours of daily ice-time
- Intense instruction on skating, puck control, shooting, passing, defensive skills, and checking (Pee Wees, if desired & Bantams only)
- Daily off-ice sessions
- Each camp participant will receive lunch daily
- Participants will receive a camp jersey
- Campers will remain supervised on and off the ice
- Mites-Squirts & Pee Wees-Bantams will be in separate groups
- Low student to instructor ratio



Troy Sports Center
1819 E. Big Beaver Rd.
Troy, MI. 48083

MICHIGAN'S PREMIER ICE SKATING FACILITY



WEEK LONG CAMPS!
3 HOURS ON-ICE DAILY!
INTENSE OFF-ICE TRAINING!
MITES - SQUIRTS
PEEWEEES - BANTAMS
8 CAMPS AVAILABLE!

JUNE 26TH - JUNE 30TH
JULY 10TH - JULY 14TH
JULY 17TH - JULY 21ST
JULY 24TH - JULY 28TH
JULY 31ST - AUGUST 4TH
AUGUST 7TH - AUGUST 11TH
AUGUST 14TH - AUGUST 18TH
AUGUST 21ST - AUGUST 25TH

Troy Sports Center
1819 E. Big Beaver Rd.
Troy, MI. 48083
Phone: 248-689-6600
Fax: 248-689-9911
www.troysports.com
E-mail: coachjay@troysports.com



MICHIGAN'S PREMIER ICE SKATING FACILITY



ON-ICE TRAINING WILL INCLUDE

INSTRUCTION ON:

Power skating techniques

- Proper strides, full extension, use of inside and outside edges, proper knee bend, improvement of balance and leg strength, quick explosive starts, proper arm motion, pivots, forward and backward skating, crossovers, stops and starts, overall emphasis on technique and speed

Shooting skills

- Forehand, backhand, wrist, flip, fake, rebounds, proper follow through, and proper weight transfer

Stick handling & puck control

- Skating top speed with puck, soft hands, forehand and backhand dekes, puck protection, skating forward and backward with puck, tight turns, stops and starts with puck, pivots, spins, one hand/two hands on stick puck control

Defensive skills

- Positioning, poke checking, stick-lifts, eliminating the pass, gap control, and more

Checking skills

(Bantams only)

- Checking techniques, angling, timing, giving and receiving checks safely, shoulder checking, hip checks, and more

SUMMER MELTDOWN REGISTRATION:

Student's Name		
Parent's Name		
Address		
City	State	Zip
Home/Work Phone		
Cell Phone		
Date of Birth		
E-mail Address		
Food allergies?		
PLEASE SELECT JERSEY SIZE:		
Youth Small	Youth Medium	
Youth Large	Adult Small	Adult Large

PAYMENT INFORMATION

(only if mailing in registration)

Check (Make checks payable to Troy Sports Center)

Credit Card:



Card #

Exp. Date

Name on Card

*A TYPICAL DAY AT THE SUMMER MELTDOWN HOCKEY CAMP:

9:00am	Check-in
9:15am	Group Stretch / Locker room
9:45am	(1.5 hr.) On-ice training
11:45am	Lunch
12:30pm	Off-ice training
2:30pm	(1.5 hr.) On-ice training
4:00pm	Check-out

**This is a tentative schedule for the Summer Meltdown. The actual schedule MAY differ, any changes would be handed out at the first day of check-in*

****IF YOU CHOOSE TO SIGN UP FOR MORE THAN ONE SUMMER MELTDOWN SESSION, YOU WILL RECEIVE 10% OFF YOUR ADDITIONAL ENROLLMENT(S)****

- Lunch will be provided for all participants. **If your child is allergic to any foods, please note them on your registration**
- For more information please call Coach Jay at 248-689-6600 ext. 324 and check out our website at www.troysports.com

PLAYER COST- \$315

GOALIE COST- \$220

CAMP SELECTION:

JUNE 26TH - JUNE 30TH
9:00am-4:00pm
Please circle age group:
MITE SQUIRT PEE WEE BANTAM

JULY 10TH - JULY 14TH
9:00am-4:00pm
Please circle age group:
MITE SQUIRT PEE WEE BANTAM

JULY 17TH - JULY 21ST
9:00am-4:00pm
Please circle age group:
MITE SQUIRT PEE WEE BANTAM

JULY 24TH - JULY 28TH
9:00am-4:00pm
Please circle age group:
MITE SQUIRT PEE WEE BANTAM

JULY 31ST - AUGUST 4TH
9:00am-4:00pm
Please circle age group:
MITE SQUIRT PEE WEE BANTAM

AUGUST 7TH - AUGUST 11TH
9:00am-4:00pm
Please circle age group:
MITE SQUIRT PEE WEE BANTAM

AUGUST 14TH - AUGUST 18TH
9:00am-4:00pm
Please circle age group:
MITE SQUIRT PEE WEE BANTAM

AUGUST 21ST- AUGUST 25TH
9:00am-4:00pm
Please circle age group:
MITE SQUIRT PEE WEE BANTAM

NO CONFIRMATIONS WILL BE SENT. PLEASE REMEMBER YOUR DATES. FULL PAYMENT IS TAKEN AT TIME OF ENROLLMENT.

RELEASE OF LIABILITY (PLEASE SIGN AFTER READING):
WITH THE ACCEPTANCE OF THE ABOVE NAMED PARTICIPANT, APPLICANT AGREES THAT ALL STAFF, INSTRUCTORS, AND EMPLOYEES OF TROY SPORTS CENTER WILL NOT BE HELD RESPONSIBLE FOR ANY ACCIDENTS, INJURIES AND PERSONAL PROPERTY LOST, HOWEVER CAUSED AND DAMAGES WHICH ARE AS A RESULT OF SUCH LOSS. IT IS FURTHER UNDERSTOOD THAT ALL RISK TO ATTENDENT OR PLAYERS IN WATCHING AND/OR PARTICIPATING IN PROGRAMS AT THE TROY SPORTS CENTER ARE ASSUMED BY THE STUDENT AND HIS /HER PARENTS AND/OR GUARDIAN. THIS ENTIRE STATEMENT OF LIABILITY IS ACKNOWLEDGED AND APPROVED BY THE SIGNATURE HERETO.

SIGNATURE: _____ DATE _____