



Aspen Junior Hockey Organization will be hosting their **1st Annual AJH Spring Camp Monday, April 19th - Friday, May 21st under executive director Harlan Pratt**. Spring camp focuses on improving each player's skill set, much like our AJH summer skills and director skates this year. The spring camp will help players get ready for tryouts if they choose to look for Tier I/II options while allowing players to continue to hone their skills over a consistent time frame as hockey is becoming faster and more skilled every year. The camp will include one high tempo flow practice and one skill session per week. The high tempo flow practice will focus on game situations, which will help players make quicker and more decisive decisions in games. Skill sessions will improve each player's skating, edge work, shooting drills, passing, puck skills, and protection. The off-ice sessions will be age-specific to enhance players' agility, speed, and power; we plan to include another multi-functioning sport to help their athleticism grow. Just like our AJH summer skills camp, this will allow players to retain more information as the sessions are spread out over five weeks vs. traditional weekend camps or week-long camps. We believe players will improve more from consistent training, allowing them to progress physically and mentally each week. Players will be able to rest and recover between sessions, which will enable the players to push themselves out of their comfort zone and maximize their practices.

Spring Camp Information:

Location: Lewis Ice Arena

Dates: U8-U18 Monday, April 19th - Friday, May 21st

Groups: Pending numbers, group, and sizes may change 8U/10U - 14U/12U – 18U

Camp Schedules: April 19th - May 21st

On-Ice Schedule: *Subject to change

14U and up Monday's: 7:00-8:00 PM & Tuesday's 8:00-9:00 PM

12U Monday's: 5:30 – 6:30 PM & Tuesday's 6:30-7:30 PM

10U Wednesday's 6:30-7:30 PM & Friday's 6:30-7:30 PM

(*May 6th & 13th 6:30-7:30 PM will replace Friday May 7th & 14th due to events)

Off-Ice Schedule: *Subject to change

14U and up Monday's: 5:45-6:30 PM & Tuesday's 6:45-7:30 PM

12U Monday's: 4:15 – 5:00 PM & Tuesday's 5:15-6:00 PM

10U Wednesday's 5:15-6:00 PM & Friday's 5:15-6:00 PM

Spring Camp Price: 8U-18U Players: \$400, Goalies: \$300

Program Details: 1 Skill Session/Goalie Training Session, 1 High Tempo Flow Practice, and 90 minutes off-ice per week.

* 10 Hours on ice/7.5 Hours off-ice.

Individual Skills & Power Skating Day (1 per week)

- Drills to improve players overall puck skills
- Passing and Receiving passes
- Shooting and scoring drills
- Fakes and how to be more creative with in-game situations
- Puck protection
- Tight turns and escapes with the puck
- Stride work to increase power and recovery
- Forward and Backwards crossovers
- Improve players balance and weight transfer
- Improve explosive quick starts
- Tighter turns
- Over speed

High Tempo Flow and Game situation Day and or Position-Specific, Small Area Games, and Scrimmage (1 per week)

- Game situation awareness
- Create more offensive chances off the rush
- Learn to play away the puck to create more offense
- Defensive skills (angling, stick position, and taking away space)
- 14U Contact specific (checking)
- Breakout option, reading the fore-check, creating speed on the transition in the neutral zone, and shooting from the point (Defenseman Skills)
- Cycling the puck from low to high, offensive zone tactics, and playing away from the puck.
- Small area games
- Full ice scrimmaging

Off-Ice Sessions

- Core Training
- Shooting Drills
- Stickhandling drills
- Sprints-improve form and speed
- Strength training- geared to improve speed and power
- Soccer, football, multisport functioning, etc.

AJH is proudly committed to continuing the growth of all our athletes. We look forward to providing every player more opportunity to do so to maximize their potential within themselves.

If you have any questions, please reach out to me or Jackie Ayers (jackieayers@aspenjuniorhockey.com).

Please click the google signup [here](#) to preregister your player. As we know, other sports will be beginning in the spring, AJH will do its best to offset those multisport athletes. The camp is open to non AJH members throughout the Roaring Fork Valley.

www.aspenjuniorhockey.com