



Jr. Sharks Invitational Spring Training

Solar4America Ice at San Jose

April 6th - May 21st

12U & 14U - Mondays, Wednesdays and Saturdays

16U & 18U - Tuesdays, Thursdays and Saturdays

The Sharks Spring Training Program is a program for the spring offered to 11U AAA, 12U AAA, 13UAAA, 14U AAA, 15U AAA, 16U AAA & 18UAAA and 16AA and 18AA players. The primary purpose of the Spring Training Program is to allow participants to further their individual skill sets in a high tempo practice/game environment, all without having to spend money on travel. Players will be divided into teams and given jerseys which are also included in the fee.

On-ice sessions will consist of the following:

- 30 minutes of power skating a week with Jr Sharks Power Skating Coach, Kolton Aubol.
- Station based skill drills to further individual skills sets
- Small area games with game-like concept rules included to make players think on the fly
- 4v4 games on Saturdays to encourage creativity and speed

Eligible Players: 12U - '08-'09 Birth Year AAA players
14U - '06-'07 Birth Year AAA players
16U & 18U - '02-'05 Birth Year AAA players & '02-'05 AA players

Program Fees: \$495 if registered by March 3rd
\$535 starting March 4th

Schedule: Practices: 12U - Mondays and Wednesdays, 5:15pm
14U - Mondays and Wednesdays, 6:45pm
16U & 18U - Tuesdays and Thursdays, 6:45pm or 8:15pm
Dryland: 12U & 14U - Mondays and Wednesdays, before or after ice
16U & 18U - Tuesdays and Thursdays, before or after ice
Games: 4v4 games take place Saturdays (some Sundays) time TBD

16U & 18U Coaches:

Mike Janda - Former NAHL, USHL and NCAA D1 player at RIT and Assistant Coach with the Springfield Jr Blues of the NAHL. He is currently the Jr Sharks Player Advancement Coordinator and Head Coach for the Jr Sharks 16AAA team.

Curtis Brown - Former NHL player (San Jose, Chicago and Buffalo) and Head Coach of Jr. Sharks 12AAA team.

Shane Galaviz and **Jorge Murillo** - Jr Sharks Tier AA Coaches

12U & 14U Coaches:

Kolton Aubol - Head Coach for the Jr. Sharks 13 AAA team.

Curtis Brown - Former NHL player (San Jose, Chicago and Buffalo) and Head Coach of Jr. Sharks 12AAA team.

Brandon Hirschel - Jr. Sharks Tier Coach

Nick Cafrelli - Jr. Sharks Tier Goalie Coach

Jay Thomas - Jr Sharks Head Strength and Conditioning Coach

A registration passcode is needed to complete registration. Please contact Mike Janda at mjanda@sharksice.com, to get the registration passcode. Registration is available at www.sjirsharks.com, on the Camps & Clinics page.