

## REGISTRATION FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Age: \_\_\_\_\_ DOB: \_\_\_\_\_

Level (circle one): Mite / Squirt / Pee Wee /  
Bantam / High School

In case of emergency:

Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_

Cell #: \_\_\_\_\_ Work #: \_\_\_\_\_

Enclosed is my check for \$ \_\_\_\_\_

Camp Selection: (1) \_\_\_\_\_

(2) \_\_\_\_\_ (3) \_\_\_\_\_

**\*\*All camps are held at Oregon Ice Arena, Oregon, WI\*\***

In consideration of granting my child permission to participate in Rick Fleming's Complete Hockey Training Camp, the undersigned parent or guardian of said child hereby consents such participation. I hereby discharge Rick Fleming and his staff from all claims, demands, actions, and judgements. I assume all risks and understand that certain risks arise from my child playing hockey. I understand that we are responsible for our own insurance, the facility and Rick Fleming's camp will be held harmless, and exempt from all liability for injuries to our child while at camp.

Parent Signature: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Please Mail Registration form and  
enclose payment to:  
**Rick Fleming**  
**607 Prairie Grass Rd, Oregon, WI 53575**

## CONTACT US

Coach Rick Fleming

Home: (608) 835-7042

Cell: (608) 220-2846

Email: [completehockey@gmail.com](mailto:completehockey@gmail.com)

[www.wisconsincupseries.com](http://www.wisconsincupseries.com)

## ADDRESS

Rick Fleming

607 Prairie Grass Rd

Oregon, WI 53575



# COMPLETE HOCKEY

WITH COACH RICK FLEMING

**2019 SUMMER  
HOCKEY  
TRAINING CAMPS**

All camps are held at Oregon Ice Arena

To register online visit us at:  
[www.wisconsincupseries.com](http://www.wisconsincupseries.com)



## CHECKING CAMP

AUGUST 10 & 11 / SAT & SUN 12:00-2:00 PM  
PRICE OF CAMP \$85.00

This camp is designed to teach players on how to give and receive a proper check. The focus is on positioning and angling, stick checks and a variety of different body checks. Emphasis is placed on safety! The clinic is beneficial to all players who compete at a checking level, and players about to move into a checking league.

## STICKHANDLING PROGRESSION

JULY 29 - AUGUST 2 / MON - FRI 10:15 - 11:30 AM  
PRICE OF CAMP \$145.00

From our Coaches experience, this camp is a player's favorite! Players will be taught what to look for when attacking a defenseman one on one and how to get the goaltender to commit so that the deke is successful. Proper technique of stickhandling will be reviewed, followed by a series of different moves that will leave a defenseman spinning.

- This camp is for the 2<sup>nd</sup> year Mite, Squirt, Pee – Wee, or Bantam player
- Goalies free

## DEFENSEMANS CAMP

JULY 29- AUGUST 2 / MON-FRI 1:45 -4:00 PM  
PRICE OF CAMP \$245.00  
BIRTH YEAR 06,05,04,03,02,01,00

This camp will focus on footwork, skills, practice game and tactical situations. Camp is not just for defensemen, forwards will benefit as well. The great forwards in the game skate well and handle the puck backwards while understanding the defensive responsibilities. Concepts include:

- On ice drills ½ ice and full ice
- Gap control taking away time and space
- Read and react to the rush and how to force the play to the least vulnerable area
- Partner support in all 3 zones
- Game situations: 1:1, 2:1, 2:2, 3:2
- Playing in front of net, corners, aligning and sustaining checks, pivoting, Shooting, Jumping into rush, use of stick.

## POWER SKATING

JULY 8 - 26TH (8 SESSIONS) / MON, WED, & FRI  
WEEK 2 TUES & THURS 1:45 – 2:45 PM  
PRICE OF CAMP \$210.00 – (*EARLY BIRD \$190, MAY 18TH*)

Students will receive basic instruction on the fundamentals of power skating and all critical techniques necessary in allowing players to get back into play quickly. Sessions follow a low skater/coach ratio & include personalized videotaped analysis on stride performance. This camp is designed to teach the youth hockey player the exact skills needed to improve the following on ice techniques:

- Basic skating alignment & balance drills
- Forward stride – toe snap & recovery
- Backward stride
- Forward / backward crossunders
- Explosive starts – forward / backwards
- Stops and starts – change of direction
- Tight turns & pivots
- Escape Moves – Gretzky
- Agility drills with pucks

## HS SKILLS, DRILLS AND SAG (SMALL AREA GAMES)

JULY 10 - AUG 14TH / EVERY WEDNESDAY 4:30-5:30 PM  
PRICE OF CAMP \$115.00

The primary focus of this camp is developing appropriate decision-making skills relating to creating and effectively taking away time and space, reading and reacting to odd man situations. We will teach players to have better poise with the puck to create 2:1's, consistent reminders about puck movement, playing away from the puck, and how to play with the puck. Small Area Games represent an efficient use of valuable ice time and will help maximize the development of players while dramatically increasing the competitive level of practice.

- This camp is for 05,04,03, & 02 level skaters who played AAA or high-end AA association hockey & High School Players.



## TRAIN WITH COACH RICK FLEMING

With 25 years of being a hockey instructor at the youth, high school, collegiate, and Junior level, Rick Fleming has created a COMPLETE HOCKEY Training Camp based on level of experience, and skill sets in order for you to get to that next level in Hockey Training. Rick was a Junior "A" Assistant and Head Coach for the Omaha Lancers (USHL), Assistant head Coach for Indianapolis Jr. Ice (NAJHL), Head High School Hockey Coach for over 20 years. He worked with some of the finest mentors and coaches in hockey: Coach Mark Mazzolenie (Green Bay Gamblers) Grant Stanbrook (Maine University) and two-Time National Coach of the year, NHL Coach Kevin Constantine, and University of Wisconsin Former Coach Mike Eaves, and lastly, Head Coach Troy Ward in the ECHL. Rick was a NCAA Championship Player and Captain in 1989, followed by an NCAA Championship Coach in 1990, and was a Scout for the USHL'S Green Bay Gamblers.

## TRAINING CAMPS OFFERED

- Checking Camp: \$85.00
- Stickhandling Progression: \$145.00
- Defenseman's Camp: \$245.00
- Power Skating: \$210.00
- Small Area Games: \$115.00

**Private Lessons Available – please call  
(608) 220-2846 for pricing and information.**