

TO REGISTER

- Please:**
- 1) Fill out registration below and return.
 - 2) Enclose a check for \$300, payable to Strong Hockey Camp.
\$250 for full-time Goalies
Or Venmo to Jim @ Jim-Armstrong-46

Send to: Jim Armstrong,
Strong Hockey Camp
1370 New Seabury Lane
Victor, NY 14564

QUESTIONS: Email: jtarm19@gmail.com

We suggest that you **REGISTER EARLY** as each group will have a maximum of 32 skaters and 4 goalies only.
As always, we will fill up. First come, first served.

For more info: www.stronghockey.com

Please enroll my skater for The Strong Summer Hockey Camp. Please Check

- | | |
|--|--|
| <input type="checkbox"/> Group 1, Ages 6-8 | <input type="checkbox"/> RIC 7/28 - 8/2 |
| <input type="checkbox"/> Group 2, Ages 9-10 | <input type="checkbox"/> Webster 8/4 - 8/9 |
| <input type="checkbox"/> Group 3, Ages 11-14 | <input type="checkbox"/> Both |

Name of Skater _____

Address _____

DOB _____

Parent(s) Name _____

Goalie: Y N (circle one)

E-mail _____

Person to contact during camp days in case of emergency.
(Include telephone number.)

PRESORTED
STANDARD
U.S. POSTAGE
PAID
Rochester, N.Y.
Permit NO. 1000

Strong Hockey
Jim Armstrong
1370 New Seabury Ln.
Victor, NY 14564



**ROCHESTER ICE CENTER
& WEBSTER
Strong Summer
Hockey Camps!**

**OUR
25th
YEAR!**



STRONG HOCKEY 2024 SUMMER HOCKEY CAMPS

Skate Faster... Shoot Harder... Improve Your Game!

One Full Week:

Rochester Ice Center: July 28th - Aug 2nd

Webster : August 4th - 9th

- 6 Hours Daily -

3 HOURS ON-ICE PER DAY

16 HOURS OF TOTAL ICE TIME

1+1/2 hrs. of POWER SKATING in a.m.

1+1/2 hrs. of PUCK SKILLS/TEAM PLAY in p.m.

FOR AGES: 6 - 8, Group 1
9 - 10, Group 2
11 - 14, Group 3

- **INSTRUCTORS THAT CARE**
- **GREAT VALUE... GREAT PRICE!**
- **SPECIAL GOALIE INSTRUCTOR**

www.stronghockey.com

“Your skater will receive expert instruction in a fun environment. We care about your skater’s skills development and strive to achieve improvement. We really enjoy working with kids!”

INSTRUCTED BY: JIM ARMSTRONG

Strong Hockey Instructor – Camps and clinics on-going for **25** years.

High School Coach – Canandaigua
– Webster
– 25 years total

College Coach – Lake Superior State
– RIT, National Champions
– Cortland State University

Playing Experience - U.S.A. National Team
- Clarkson University

OUR INSTRUCTORS

Our instructors have been with us for many years. Most importantly they care about the kids and have fun with them. All were excellent players, and are now are great role models for your skater!

Kyle McGrath, Clark Mauchly,

Theo Cup, Brian Kleeman and many others!

Goalie Instructor: Mike Cimino – He is excellent!

During the afternoon session on Friday, we will play a full-ice game. We encourage parents to attend this game.

OUR PLEDGE TO YOU:

- Developing Skills – **Skate Faster... Shoot Harder... Improve Your Game!**
- Learning and having FUN!
- Jim will be on-ice for all sessions.
- 1 on 1 Instruction – our Camp will have 4 Instructors on-ice at all times and 8 total.
- Goalie Instructor on-ice for each session.
- Off-ice activities each day include: Fun Outside Activities and Fun Movie at Lunch.

Total Cost of each camp \$300
Goalies- full-time ages 9+ \$250
2 camps total \$570
Family rate for each camp
Enrolling 2: \$570 Enrolling 3: \$800

“ This camp was exactly what Victoria needed. The coaches take time to explain and demonstrate the drills to the large group and then breaking into smaller groups to give individual feedback, was spot on for her development. I loved how the coaches rotated, looking at the kids learning experience.

You could see the respect that the kids had for the coaching staff by the way they listened and worked hard to follow your direction. More important at least to me, then the skills learned was the kids and coaches really seemed to be having fun. Although the kids left with sore legs, (probably some of the coaches too) they were happier, more confident, and had a greater love for hockey than the week before.

I want to congratulate you on not only coaching great hockey but also on improving the kids' self-esteem.

- Sincerely, Tim

AGENDA IS AS FOLLOWS:

Our goalie instructor will be on-ice for each session.

AGES 6 - 8 Group 1

Sunday, July 28th & Aug 4th

1:00 - 1:30 p.m. Registration, meet instructors
1:45 p.m. Meeting between parents and Jim Armstrong
2:00 - 3:00 p.m. 1st on-ice session

Monday-Friday, July 29th- Aug 2nd & Aug 5th- 9th

8:00 - 9:30 a.m. 1st on-ice session
9:45 - 11:00 a.m. Outside activity, soccer, etc.
11:00 - 12:10 p.m. Lunch, break
12:30 - 2:00 p.m. 2nd on-ice session
2:15 p.m. Finished for the day

AGES 9 - 10 Group 2

Sunday, July 28th - Aug 2nd

2:00 - 2:30 p.m. Registration, meet instructors
2:45 p.m. Meeting between parents and Jim Armstrong
3:00 - 4:00 p.m. 1st on-ice session

Monday-Friday, July 29th- Aug 2nd & Aug 5th- 9th

9:30 - 11:00 a.m. 1st on-ice session
11:15 - 12:30 p.m. Outside activity, soccer, etc.
12:30 - 1:40 p.m. Lunch, break
2:00 - 3:30 p.m. 2nd on-ice session
3:45 p.m. Finished for the day

AGES 11 - 14 Group 3

Will also focus on all game situations, including aggressiveness, checking, offensive & defensive plays.

Sunday, July 28th - Aug 2nd

3:00 - 3:30 p.m. Registration, meet instructors
3:45 p.m. Meeting between parents and Jim Armstrong
4:00 - 5:00 p.m. 1st on-ice session

Monday-Friday, July 29th- Aug 2nd & Aug 5th- 9th

11:00 - 12:30 p.m. 1st on-ice session
12:45 - 2:00 p.m. Outside activity, soccer, etc.
2:00 - 3:10 p.m. Lunch, break
3:30 - 5:00 p.m. 2nd on-ice session
5:15 p.m. Finished for the day

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