

**HOCKEY CLINICS**

**2022**

**Our 28th Year!**

**At the**

**Mark Edward Freitas**

**Ice Forum at the**

**University of Connecticut**

509 Jim Calhoun Way, Storrs, CT

**Summer Skills Clinic**

**7 -1 hour sessions**

4 Saturdays - 7/16, 8/6, 8/13, 8/20, 8/27

1 Tuesday - 7/19

1 Sunday Morning- 7/31

**Saturday/ Sunday Start times:**

**8:30am Mites** / **Beginners**

**9:30am Squirt**

**10:45am Peewee/Bantam**

**Tuesday Start times:**

**5:30pm Mites / Beginners**

**6:30pm Squirt**

**7:45pm Peewee/Bantam**

**Fall Conditioning Clinic**

**4 -1 hour & minute sessions**

Tuesday Nights (8/30, 9/6) Thursday Nights (9/1, 9/8)

**5:30-6:30pm** **Mites/Beginners/Squirts**

**6:30-7:30pm** **Peewee/Bantam**

**Age Groups:**

Beginner – Less than 2 years experience

Mites – Birth years 2014 and younger

Squirt – Birth years ’12, ‘13

Peewee – Birth years ’10, ‘11

Bantam – Birth years ’08, ‘09

Eastern Lightning has been providing a

complete hockey education to the Eastern Connecticut hockey player since 1994. The clinic is managed and coached by former E.O. Smith High School (’96-’05), Northeast Huskies Mite Director and Worcestor JR. Railers AAA Coach, Mike Iacampo. These clinics provide innovative instruction for all ages and skill levels.

The **Summer** **Skills Clinic (7/16-8/27)** is designed to teach skills with a concentration on skating and hockey specific skills and awareness. Hard work is rewarded with a scrimmage at the end of each practice. Drills and scrimmages match players of equal talent to ensure a safe and challenging game for all. Unlike a summer, day or overnight camp, which only lasts a week, this experience will help your child to play over the course of seven weeks. This clinic helps each child to be a better player and not just brush up on some skills.

**The Fall Conditioning Clinic (8/30-9/8)**

These 4 sessions will be run like our conditioning clinics in the past; the entire session is predominantly skating. We will teach skating skills, and build endurance and strength for the upcoming season.

The coaching staff is often augmented by local high school coaches, college coaches and local college players.

**GOALIES**

Goalies will receive some 1-on-1 instruction. They will also participate in all skating and conditioning drills.

**SKILLS**

**Mites and Beginners**

Skating: Agility, Stops and Starts, Crossovers, Backwards, Overspeed Power Skating, Edges

Passing, Shooting, Stick handling

Game Play

*\*This group will be broken up at times to allow*

*stronger players to be challenged. Scrimmages*

*will be matched by skill level.*

**Squirts, Peewee, and Bantam**

Skating: Agility, Form, Edge Work,

Changing directions, Stick handling,

Passing, Shooting,

Positioning (Offensively & Defensively)

Hockey Awareness

Position specific skills

Other skills refined as needed.

\*Players should be enrolled in the group that they will compete in for the '22-'23 season.

Scrimmages and competitive drills will match players of similar size and skill when

necessary.

Non-refundable

Deposit with entry

Non-refundable

Balance

**Summer Total**

Each player $100 $100**(Due 7/8)**  $200

**Fall**

Each Player $50 $70**(Due 8/18)** $120

Both Clinics $150 $170 $320

Each child must have a USA Hockey card as proof of insurance. Cards from the ’21-’22 season are valid for the skills clinic. Anyone without this card must sign up at ***usahockey.com*** (there will be a fee). You must send us the confirmation number assigned to your transaction. If you have any questions, contact your child's youth hockey organization or feel free to email us at: ***easternlightninghockey.com*.**

The coaching staff may refuse or move a player based on unsafe skating ability. All of the proper equipment is required at all times throughout the clinic. Parents are responsible for equipping their child safely. Age groups are rigid; there is no fluctuating unless designated by the staff. You will receive a confirmation email when you sign up. Please ensure your email address is correct and legible.

Sign up online at:

***easternlightninghockey.com***

or

Make checks payable to:

Eastern Lightning Hockey, LLC

68 Latham Rd.

Willington, CT 06279

Any questions, please call (860) 429-1896

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Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

USA Hockey#\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Birthdate \_\_\_\_\_\_\_\_\_\_\_ Position \_\_\_\_\_\_\_\_\_\_\_

Years of experience in USA Hockey \_\_\_\_\_\_\_

♦ ♦ ♦

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Birthdate \_\_\_\_\_\_\_\_\_\_\_Position\_\_\_\_\_\_\_\_\_\_\_\_

Years of experience& USA #\_\_\_\_\_\_ \_\_\_\_\_\_\_

♦ ♦ ♦

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Birthdate \_\_\_\_\_\_\_\_\_\_\_ Position \_\_\_\_\_\_\_\_\_\_\_

Years of experience & USA# \_\_\_\_\_\_\_\_\_\_\_\_\_

**♦ ♦ ♦**

**Circle your choice(s)**:

**Summer Skills Session Fall Conditioning Session**

Amount of deposit \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Balance due \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Total**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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