



It's Summer Development Season!

Development is one of the most frequently used terms in youth hockey, but it is also one of the most misunderstood.

At Bulldogs HC, we believe meaningful individual skill growth happens when players **COMMIT** to the process year-round. While the regular season is where players compete, learn team concepts, and grow within a structured environment, the **SUMMER** is where much of the individual development takes place. The REACT Summer Program provides players the time and opportunity to focus intentionally on skating, puck skills, habits, athletic development, decision-making, hockey sense, and overall confidence.

For that reason, off-season training is **NOT** supplemental to Bulldogs HC. It is **ESSENTIAL** to who we are as a club and who we are committed to becoming. Developing with your club, alongside your teammates and prospective teammates, is not mandatory. But it is strongly **ENCOURAGED** and **EXPECTED**. Hockey is a team sport, and true development happens when players, coaches, families, and the organization are aligned in the same direction.

We are all in this together!

Program Runs
June 16th to August 6th

OFF June 29th to
July 5th

Tuesday Nights and
Thursday Nights

7-Weeks
14 - Skates

Mites, Squirts,
PeeWees, Bantams,
and Midgets

RDST Skills Session
All Levels Tuesdays

Bantam/Midget
Scrimmage Thursdays

Mite/Squirt/PW
Small Area Thursdays

Mites
6:10 PM

Squirts
7:20 PM

Pee Wees
6:30 PM

Bantams
7:40 PM

Midgets
8:50 PM

Heartland Ice Arena



The REACT Dynamic Skills Training System

Unlike traditional methods, the REACT Dynamic Skill Development System (RDST) necessitates players to react to multiple stimuli, thereby enhancing their ability to make split-second decisions and execute skills under pressure. RDST contributes to neural development by generating new firing signals in the nervous system, augmenting muscle memory, a vital component for youth hockey development.

By integrating skills in training rather than isolating them, players can develop the capability to perform multiple motor skills simultaneously, a crucial aspect often overlooked in traditional player development models. The RDST training system immerses players in a realm where reaction times, decision-making, and skating speed are refined to perfection. The RDST's distinctive approach challenges players through a series of progressive overloads. This system transcends the mere development of skills in isolation; it fosters the integration of these skills in a manner that simulates the real-time demands of high-level hockey games. The RDST helps players to navigate the complexities of the modern game.

BULLDOGS HC PRICING AND REGISTRATION OPTIONS

OPTION:	TUE & THU	TUESDAY ONLY	Walk-Ins
MITE/SQUIRT	\$569	\$319	\$50 per skate
PEE WEE	\$569	\$319	\$50 per skate
BANTAM/MIDGET	\$569	\$319	\$50 per skate
GOALIES	\$289	\$159	\$50 per skate

What's Included:

- 7 - RDST Skills Sessions
- 7 – Scrimmages/Small Area Games Sessions
- Independent RDST Certified Skills Instructor For Every Skills Session
- Controlled Scrimmages w/Coach(s) On The Bench
- Small Area Games Led By An Independent RDST Certified Skills Instructor
- Bulldogs Coaches As On Ice Assistants At Every Skills/Small Area Session
- REACT RDST T-Shirt* For TUESDAY & THURSDAY and TUESDAY ONLY Registrants

(*ALA CARTE Registrants DO NOT receive a t-shirt)

REGISTER AT: www.thebulldogshockeyclub.com

RDST Certified Instructors:

Colin Hazlett: Colin has been an RDST instructor for 5 years. He played his Tier 2 hockey for the Chargers and Leafs at the CSDHL level. He played AAA for the Reapers and Storm. He just finished his Juniors eligibility with Utah Outliers in the NCDC. Colin is headed to the University of Southern Maine to play NCAA Division III hockey and plans to pursue his degree in business.

David Ras: David has been an RDST instructor for 5 years. He played his Tier 2 hockey for the Chargers and Leafs at the CSDHL level. He played AAA for the Reapers and Fury. David currently plays ACHA Hockey for the University of Illinois where he is pursuing his degree in Engineering.

Ravi Grewal: Ravi has been an RDST instructor for 5 years. He played his Tier 2 hockey for the Leafs at the CSDHL level. He played AAA for the Reapers. Ravi just finished his junior year at Syracuse and is currently in the process of applying to Medical School where he hopes to become an Orthopedic Surgeon/Sports Medicine physician.

Dan Dworak: Dan Dworak has been an RDST instructor for 2 years. Dan played his Tier 2 hockey for the Skokie Flyers. He played Juniors for the Chicago Force and Tulsa Rampage. He also played professionally in Sweden and Germany. He is currently a CSDHL Head and Assistant coach, as well as a skills instructor for the Bulldogs HC.