

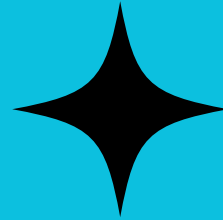
# 2025 SUMMER HOCKEY CAMPS



**SELECT WEEKS ONLY**

**JUNE 23 - JUNE 27**

**JULY 28 - AUGUST 1**



Kendall Ice Arena is proud to offer summer training to all youth hockey players regardless of age, skill, or experience. We have a week designed for your training needs this off-season.

This summer, we are conducting camps for players of all ages & skill levels. Groups will be separated based on age & ability.

All of our camps are limited enrollment camps, to assure that each player is being challenged and given constant positive feedback.

Each week of camp consists of 12.5 hours of ice, 2 1/2 hours each day. This is in addition to the dry land sport-specific drills that are conducted with other activities to improve overall athletic development.

Don't be disappointed by being blocked out. Our Rec/Select - In-house camps are balanced with challenging & fun drills. Give your child the camp they want this summer.

## EXPERT COACHING STAFF

JOHN ARCEO

GUEST COACHES, RANDY HERNANDEZ, ETHAN LIM, BRODY LIM

**KENDALL  
ICE ARENA**

**KENDALL ICE ARENA**

**10355 HAMMOCKS BLVD MIAMI, FL**

**305-386-8288**

## TYPICAL CAMP SCHEDULE

(Players may not be dropped off prior to 7:45 am)

- 8:00 am - Players arrive in shorts and sneakers
- 8:05 am - Players stretch / Take role
- 8:10 am - Players dress for the first ice session
- 8:30 am - On Ice Session 1
- 9:45 am - Players prepare for dry land session
- 10:00 am - Dry Land Session
- 11:00 pm - End of dry land session
- 11:15 am - Players prepare for lunch
- 11:30 am - Lunch
- 12:30 pm - Players prepare for the 2nd ice session
- 1:00 pm - On Ice Session 2
- 2:15 pm - End of second ice session
- 2:30 pm - Pick up/Players prepare to leave or stay for public skate.

## SKILLS / TOPICS COVERED

### ON -ICE

Power Skating, Passing, Shooting, Stick Handling, Positioning, Board Work, Body Positioning, Offensive Concepts, Defensive Concepts, Over Speed Drills

### OFF-ICE

Dry Land Training, Strength Training, Agility Training, Core Strength, Endurance, Chalk Talk, Rules



**FULL ICE HOCKEY GEAR IS REQUIRED FOR PARTICIPATION IN THE CAMP. PLAYERS SHOULD ALSO HAVE THE FOLLOWING:**

Sneakers (mandatory), **No Crocs or Sandals**, Shorts (mandatory), Water bottle, Towel, Lunch\*

PLAYERS SHOULD ARRIVE 30 MINUTES BEFORE THEIR SCHEDULED START TIME FOR STRETCHING.

*\*A MEAL PLAN CAN BE PURCHASED FOR \$4 PER DAY OR PLAYERS CAN BRING LUNCH FROM HOME.*

## REGISTRATION FORM

### PLEASE CHECK ALL BOXES THAT APPLY

HOCKEY CAMP WEEK 1 - ALL AGES \$475  
JUNE 23-27

HOCKEY CAMP WEEK 2 - ALL AGES \$475  
JULY 28 - AUGUST 1

### GOALIES ARE HALF-PRICE FOR ALL CAMP WEEKS

- **Multiple siblings receive a camp discount of 10%**
- **Payment must be received in full. A \$35 fee is applied for any cancellations. Cancellations must be received in writing 30 days before any scheduled camp start date.**

**Please note: Only one discount may be applied per week.**

PLAYERS NAME \_\_\_\_\_

DOB        /        / \_\_\_\_\_

EMAIL: \_\_\_\_\_

PHONE: \_\_\_\_\_

I, said guardian, of the participant, do hereby acknowledge that ice skating and ice hockey are inherently dangerous sports, physically demanding, and highly competitive. I hereby agree that Cool Sk8, Inc., Kendall Ice Arena, Inc., its officers, directors, coaching staff, and employees shall not be held liable for any, and all injuries resulting directly or indirectly from his, or her participation in figure skating, ice hockey, or any other activity while under the direction of said staff, while receiving instruction in or about the rink premises, I further agree to indemnify and save Cool Sk8, Inc., it's officers, directors, coaching staff, and employees harmless from all costs and expenses that may result from any breach of this agreement.

X \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_