



## **Alaska Hockey Academy**

Alaska Hockey Academy proudly invites you to attend the main camp that is open to all hockey players ages 6 to 14. Our main camp is a full day program and is intended to develop young player's skills in the areas of skating, passing, shooting, and team play. The full day camp will consist of 2 hrs of on-ice instruction and 2 hrs of off-ice training. Our on-ice and off-ice sessions are designed to show players the individual drills that will lead to continued hockey development throughout the season.

The on-ice session will place an emphasis on individual skill development. Players will be introduced to new skills, concepts and areas of offensive and defensive awareness that the very best players have ingrained in their game. Our goal is to have each player leave with an enhanced plan for skill development.

The off-ice training will focus on improving the hockey player and the athlete. The off-ice portion of the camp is broken into two sessions. The first session will consist of shooting, stick handling, and puck control circuits. The second session will focus on the player's athletic development through physical activities. Our off-ice program will be fun and productive for each player.

The staff at Alaska Hockey Academy brings a tremendous amount of coaching experience that is second to none in Alaska. Leading the way is Dallas Ferguson, Head Coach of the University of Alaska Nanooks and 2009 CCHA Coach of the Year. Joining Coach Ferguson will be the Nanooks assistant coaches, Lance West and Brian Meisner, along with former Nanooks defenseman Erik Drygas. Several Nanooks from the highly successful 2008-09 season will also be assisting with the camp.

We look forward to providing the skills training that will take your play to the next level!

For more information please contact Lance West, [fnlfw@uaf.edu](mailto:fnlfw@uaf.edu) (907-474-6899) or Brian Meisner, [fnbam@uf.edu](mailto:fnbam@uf.edu) (907-474-6828.)



## Alaska Hockey Academy

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

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

Phone: Home: \_\_\_\_\_ Work/Cell: \_\_\_\_\_

Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Please circle one of the following positions: Forward Defense Goalie

Please circle the last organized level of play: Mite Squirt PeeWee

Parent/Guardian Name: \_\_\_\_\_

Email: \_\_\_\_\_

-----

### **2009 Main Camp**

When: August 3-6, 2009

Where: UAF Patty Center Ice Arena

Registration fee: \$300 (lunch not included)

Full payment is required upon registration

Registration Deadline: July 27, 2009

Please make checks payable to:  
Alaska Hockey Academy  
211 Patty Center  
Fairbanks, AK 99775

A detailed schedule will be sent to the e-mail address above one week before the camp.