

ARE YOU REALLY
WILLING TO DO
WHAT IT TAKES?



get

AMPED!



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Hockey Development Co.



A.M.P.E.D

Assess ▪ Motivate ▪ Perform ▪ Educate ▪ Develop **Summer Hockey Training Program** (Formerly-High Intensity Trainings)

Dates: June 20th through August 18th, 2011

Days: Monday, Wednesday, and Thursday

Time: 9:00am-12:00noon

Where: Reisterstown Sportsplex - Located at 401 Mitchell Drive Reisterstown, MD 21136

Features:

- Progressive On-ice Trainings and Player Skill Development
- Professionally administered Off-ice Conditioning Program
- Nutrition and Wellness Consultations and Seminars
- Constant Player Evaluations and Individual Feedback Sessions
- Professional and Experienced Hockey and Training Staff
- Goalie and Players Specific Training
- 1998 through Midget Aged Players
- Designed for Serious and Aspiring Players with the will to Improve
- **Limited to 30 Players and 4 Goalies ONLY**

Tomorrow's Ice Coaches and Guest Coaches Include:

MIKE SHRAMEK

- President, Tomorrow's Ice Hockey Dev.
- Hockey Director, NYHA
- MAPHL Coach of the Year, 2008-09
- Head Coach, Calvert Hall College HS
- Former Hockey Director, Ice World
- ACHA Div. 1-Towson University
- All-NJCAA Selection at Broome CC

RICH JONDO

- Asst. Hockey Dir., Tomorrow's Ice
- Skills Dev. Team, NYHA
- Asst Coach, Towson Univ.
- Minor League Pro, 2006-2011
- ACHA Div. 1-Towson University

ED SLUSHER

- Head Teaching Professional
- Hockey Director, Ice World
- Head Coach, Towson Univ.
- Baltimore Jr. Bandits
- Central Penn Jr. B

DAN HOUCK

- President of Hockey Dynamics
- Founder of Maryland Model
- Coaching Dir., Team MD/DC Caps
- Skills Consultant, NYHA
- Dir. of Skill Development, MYHA
- NCAA Div. 3-Williams College
- Deerfield Academy. New England Prep

SYLVAIN COTE

- 18 Year NHL Career
- Washington Capitals
- Stanley Cup Finals, Dallas Stars
- Quebec Major Jr. Hockey League
- 1000+ games as NHL Defenseman

MATT HERR

- Head Coach, The Kent School, CT
- Founder, Matt Herr Power Skating
- NHL Career 1989-2004
- NCAA Div. 1, Univ. of Michigan
- Team USA World Juniors

COREY JENDRAS

- Current NCAA Div. 1 Hockey Player
- Topeka Road Runners Jr. A-NAHL
- Washington Nationals Jr. A-AJHL
- USA Hockey Select Festival

MIKE CIFFELI

- Current NCAA Div. 3 Hockey Player
- New England Huskies Jr. A-EJHL
- Texas Tornados Jr. A-NAHL

GREG VALIQUETTE

- Goalie Teaching Professional
- GDI Instructor and Trained
- ACHA Div. 1-Towson University
- Northern Mass Cyclones, AJHL
- Central Penn, MJHL

TOM KAPP

- Nutrition and Wellness Professional
- President, Mid-Atlantic Corp. Health
- M.S. Health/B.S. Physical Education
- Strength/Cond, DC Caps/Team MD Tier 1
- GDI Goalie Dev. Regional Coordinator

Questions or Inquiries: Please contact Mike Shramek by phone 410-877-4808
or email coachmike@tomorrowsice.com www.TomorrowsIce.com