

Carmel Hockey Spring Program

Impact Elite Hockey Training will run on ice sessions for Carmel Hockey. Along with the on ice skill training **Impact Elite Hockey Training** will also provide all athletes **4 sessions** on the **performance treadmill** from April 12th – May 17th. The treadmill sessions will be scheduled at the convenience of both Impact Hockey and the athlete.

There will also be a summer session of this training not included in the spring hockey fee. The Carmel Hockey Summer Program will be separate.

On Ice sessions (5 skates-Glacier Ice Arena)

April 12th, April 19th, April 26th, May 3rd, May 17th (Time will be 3-4:10pm)

*****In addition to the on-ice sessions each level will have 3 practice slots.**

1. On ice sessions

Focus will be on skating, shooting, stick handling and passing. Players will experience high reps, high intensity and high feedback training which will directly translate to in game production. All drills will be designed to increase the player's production in game situations.

2. Treadmill Sessions (Glacier hockey zone)

Sessions will be intense with sole focus on developing a longer, explosive efficient stride. Each session will focus on a different skill to increase the players stride and efficiency. Treadmill training is the only off-ice tool that simulates the skating stride while increases the players strength and endurance. Each player will have their own skating development plan designed and executed by Impact Elite Hockey Training coaches.

3. Carmel Hockey will also play in the **"North-Side" High School Spring Hockey League** w/4 home games (Glacier) and 4 away games at TBD (2 levels: JV and Varsity). Past participating teams:

Evanston	New Trier (lower teams)
Notre Dame	Loyola (lower teams)
Niles Township	Highland Park
Panthers Midgets	Libertyville-Vernon Hills
New Trier (lower teams)	

"Our goal is to provide CLEAN quality hockey for the participating clubs"

4. We will have a two teams (JV and Varsity) playing in the *Wolves Cup tournament* at Glacier April 17th-20th.

5. Off- ice workout will be run at Carmel by one of the coaches.

We will be recommending some additional clinics/workouts for the goalies that either Coach Vettraino or other professional goalie instructors will be running at a later date with costs (STAY TUNED).

You may register at <http://il.8to18.com/carmel> and the cost for Players is **\$650** and for Goalies the cost is **\$325**.

Please sign up and pay for spring hockey as soon as you can so we have an accurate number of players for the tournament and on ice sessions.