



2017 Heritage Hockey Summer Player Development



The Heritage Hockey Program offers a wide variety of player development opportunities to players who plan to play Heritage Hockey for the Littleton Public Schools. The programs are open to all LPS High School Students.

Small Group Skills Development - \$165.00 per 2-week session

Heritage Coaches will provide 2-week skills based lessons to players this summer at the Ice Ranch on the 1/3 sheet of ice and Saturday. Each skate will be limited to 8 players, with a coach to player ratio of 1 to 3 ratio. Weekday 4:30-5:30 PM Sat 9-10 or 10-11 AM

1. Offense Puck Control (Thurs 6/1, Wed & Sat) Week of 6/5 and 6/12
2. Defense Puck Control (Tues, Thurs & Sat) Week of 6/5 and 6/12
3. Passing and Receiving—Combined Off/Def (Mon, Wed& Sat) Week of 6/19 and 6/26
4. Checking and Body Contact (Tues, Thurs & Sat) Week of 6/19 and 6/26
5. Offense Shooting & Scoring (Mon, Wed& Sat) Week of 7/10 and 7/17
6. Defense Shooting & Scoring (Tues, Thurs & Sat) Week of 7/10 and 7/17
7. Checking and Body Contact (Mon, Wed& Sat) Week of 7/24 and 7/31
8. Checking and Body Contact (Tues, Thurs & Sat) Week of 7/24 and 7/31

Heritage Coaches will provide guidance as to the camps players should attend. Contact Coach Sims for details and Registration.

New players to Heritage Hockey please contact Coach Sims to discuss a summer plan.



Strength and Conditioning plus Thursday Night Shinny – Mon, Tues, Wed, & Thurs for 8 weeks Skaters \$275 / Goalies \$350

Hockey training is a year-round job and summer is the best time to build your hockey conditioning. Even though you aren't on the ice, you can still prepare for your first practice and game of the season with a four-day per week conditioning program. The Heritage Hockey Summer Strength and Conditioning Camp plus Shinny is designed to provide high school hockey players with summer training and a hockey specific conditioning program. This camp will focus on a combination of aerobic power, strength and muscle bulk, explosive speed and power as well as good anaerobic (which is strengthening muscles by forcing them to work very hard for a brief time) endurance.

The summer is also the perfect time to learn, develop and recharge your hockey skills and knowledge, as well as have some fun. Our Shinny skates will be included in the Strength and Conditioning camp this summer. The Summer Camp is led by Heritage Hockey Varsity Coach Sims and the Heritage Coaching Staff

- **Strength & Conditioning Location: Powell Middle School (8000 S Corona Way, Littleton, CO 80122)**
 - 6:30—7:30 AM
- **Thursday Night Shinny Location: South Suburban Ice Arena 6580 S Vine St, Centennial, CO 80121**
 - Goalies 8:10—9:40 PM | Skaters 8:40 —9:40 PM

Both Goalie Camp and Shinny Start Thursday June 1st