

# Fast Feet Quick Hands

Dear Prospective Participant,

The *Fast Feet, Quick Hands* will again offer a unique hockey camp different from all others. We will concentrate on a more aggressive high impact style of learning. Through the years of coaching, playing and scouting I have also put together about 50 items that we work on that I call the "smart" part of the game. Of course we work on the basics of hockey (skating, shooting, passing), but there is also a heavy emphasis put on teaching hockey IQ. These individualized team skills, can help any level player enhance their game.

This program will offer a more intense, strenuous workout. One-third of the curriculum will focus on anaerobic-based over speed training, which will involve quick short bursts of energy at high intensity. It will also feature a concentrated effort in using the skaters proper edges, both forward and backward at a high pace. The second third of the curriculum will concentrate on puck possession. The camp will teach the proper techniques to developing hand skills and puck protection that will allow the player to handle the puck and make plays with confidence at high speed. Part of the hand skills curriculum will feature shooting. Without proper shooting mechanics and a quick release, scoring is more difficult. Something else that contributes to ineffective shooting is the fact that it takes a back seat to the teaching of team play during the course of the winter season. The last third of the program will be a fun but competitive environment focusing on small space games. All drills are designed to teach good hockey habits and the intelligence part of the game. There will also be a self-directed dry land program which participants can do at home, and when completed, will be rewarded with a T-shirt. This is designed to improve shooting and stick handling on the days they are not on the ice.

We will be offering the *Fast Feet, Quick Hands* program to three separate age groups- one for squirts, one for first year peewees, and the other for second year peewees and bantams.

The program will run approximately two times twice a week from mid-June through July at the Hermantown Arena. Last years participants will be e-mailed registration forms first, and a week later forms will be distributed to other potential skaters. There will be twelve sessions; each session is 75 minutes in length. The exact times are yet to be finalized but will most likely be mid-mornings on Tuesdays, Wednesdays, and Thursdays. I will do my best to avoid late afternoon times to eliminate conflicts with summer activities. The cost will be \$180 per person. The camp has filled rather quickly in the past. Participants will be limited to 30 per group on a first come first served basis. Registration deadline is **May 1**, and a complete schedule will be e- mailed after registration is complete.

**Goalies** will again be able to skate at no charge. Yes FREE. The idea with the goaltenders is to get them to see a lot of pucks in 75 minutes of ice time. There will be instruction for the goalies, and all I ask is that they inform me when they are unable to attend.

Guy LeBlanc 729-6453, 341-4321  
guyleblanc26@gmail.com



mail:

Player's Name \_\_\_\_\_ (circle if goalie)

Parents Name \_\_\_\_\_

Address : Street \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Age by June 1 \_\_\_\_\_ Telephone \_\_\_\_\_

E-mail address \_\_\_\_\_

**Please double check email address**

**\*Make Checks payable to Fast Feet, Quick Hands and**

Fast Feet, Quick Hands  
5127 Parsons Pt. Rd.  
Duluth, MN 55803

**Level of play for the 2019-2020season (circle one)**

**Boys: Bantam PeeWee(2<sup>nd</sup> yr) PeeWee(1<sup>st</sup> yr) Squirt**  
**Girls: U10 U12 U14**

**T shirt size (circle one) Adult XS S M L XL**

**\*\*\*Participants only receive shirt upon completion of dryland**

Each participant is responsible for providing his/her own medical insurance. The program and its employees in no way assume financial responsibility for injuries sustained or loss of personal property. It is assumed that all risks and hazards of those participating or watching are the responsibility of the parent(s) or guardian(s).

The program reserves the right to remove any participant from the school based on inappropriate actions and delinquent behavior  
I, \_\_\_\_\_, Date \_\_\_\_\_ Have read and understand the above information.