



## 2008 Boot Camp

### *EXPERIENCE*

Vipers,

We have been looking forward to getting the 2008 season under way and it is finally that time of the year. The Preseason Boot Camp will be held from August 11<sup>th</sup> -15<sup>th</sup> at Hockeytown USA, in Saugus, MA. The camp will be a combination of 1hr on-ice & 1hr off-ice training designed to get all of our players ready for the end of summer tournaments and the new season. Many of the teams have new players this year so this camp will also serve as a team building exercise as the kids get to know each other.

### *DEVELOPMENT*

- The on-ice sessions will be run by the Vipers coaching staff and will be very challenging for all age levels. It is our hope that all of the Vipers, whether on the ice or off, have been keeping active this summer and are ready to skate. After a long summer, please make sure that your equipment fits and that your skates are sharpened ahead of time.
- The off-ice training will be run by professional physical trainers who will concentrate on proper stretching, agility, plyometrics, conditioning and strength training for young athletes. Depending on the weather, these sessions will be held outside or inside the street hockey rink. So please be sure to bring sneakers, running shorts, dry tee shirt, sweatpants, & a sweatshirt each day.

### *TEAM*

Water will be supplied to all the players during the on-ice and off-ice sessions. So, we are asking that all parents refrain from supplying rink food or drink during the 2hrs session.

The Boot Camp Schedule is attached. If you are unable to make any sessions, please let your coach know in advance. On Tuesday 8/12/08, all players are to be dressed 30 minutes prior to their ice time for pictures. On Friday 8/15/08, after the teams 2 hr session there will be a player & parent BBQ behind the rink (weather dependent).

### *SUCCESS*

See you at Boot Camp,

#### **Matt Sanders**

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## ***EXPERIENCE***

## 2008 Boot Camp

### **Monday 8/11/08**

4:10pm on-ice: 99 & 98

5:20pm off-ice: 99 & 98

on-ice: 97 & 96

6:30pm off-ice: 97 & 96

on-ice: 95 & 94

7:40pm off-ice: 95 & 94

### **Tuesday 8/12/08**

3:40pm pictures: 99 & 98

4:10pm on-ice: 99 & 98

4:50pm pictures: 97 & 96

5:20pm off-ice: 99 & 98

on-ice: 97 & 96

6:00pm pictures: 95 & 94

6:30pm off-ice: 97 & 96

on-ice: 95 & 94

7:40pm off-ice: 95 & 94

### **Wednesday 8/13/08**

4:30pm off-ice: 96, 95, 94

on-ice: 99, 98, 97

5:40pm off-ice: 99, 98, 97

on-ice: 96, 95, 94

### **Thursday 8/14/08**

4:30pm off-ice: 96, 95, 94

on-ice: 99, 98, 97

5:40pm off-ice: 99, 98, 97

on-ice: 96, 95, 94

### **Friday 8/15/08**

4:30pm on-ice: 99 & 98

5:40pm off-ice: 99 & 98

on-ice: 97 & 96

6:50pm off-ice: 97 & 96

on-ice: 95 & 94

7:50pm off-ice: 95 & 94

After off-ice, BBQ will be held behind rink for each team.

## ***DEVELOPMENT***

## ***TEAM***

## ***SUCCESS***

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