



TEAM TRAINING & COMPETITION CAMPS

The Team Training & Competition Camps are 3-day camps that guide the competitive player through a multi-faceted, intensive approach to training and game competition. We believe replicating top college and pro training environments is the best setting for athletes to reach their goals. The 200x85 Training experience is a place where everyone who walks through our doors is trained and treated like an elite athlete.

EACH CAMP OFFERS:

- **6.5 Hours On Ice**
 - 3 on-ice training sessions
 - Overall Skill Development
 - Positional Specific Training
 - Tactical Application to Game Situations
 - 3 Scrimmage Games
 - Compete against Top Competition at each age level
 - CCM MVP awards for EVERY GAME
 - In-Game coaching from our CCM Selects Staff
- **Off Ice Training Session**
 - Professional Strength and Conditioning coaches from NCAA programs
- **Nutritional Lectures** **where applicable*
 - Players and parents gain knowledge for athletic development
- **Facility Tours**
 - Locker Room Tours
 - Facility and Campus Tours
- **Sporttesting** **where applicable*
 - Provides athletes & instructors direct feedback on how the player is progressing and adapting to the intensities of training. The Combine measures a player's agility, speed, transition ability and reaction time. This provides concrete evidence of strengths and/or weaknesses in their game and a tool to measure improvement and development.

<u>LOCATIONS</u>	<u>DATES</u>	<u>AGE LEVELS</u>
University of Notre Dame (South Bend)	May 12-14	2007, 2008, 2009
USNTDP @ USA Arena (Plymouth)	June 23-25	2007, 2008, 2009

Cost: \$375 per player per weekend location **Includes Sporttesting where applicable*

