

Location:
Floyd E. Stefanski Ice Center
Gilmour Academy
2045 SOM Center Rd.
Gates Mills, OH 44040-9732

Phone:
440-473-8000 x 7203

Camp Highlights

- **5 hours of instruction per day** (3 hours of on-ice and 2 hours of off-ice) - **25 hours per week** (15 hours of on-ice and 10 hours of off-ice) - **one week of camp involves the same practice and learning time as approximately 1-2 months of in-season training.**
- **High-level coaching** from our Prep Hockey/18u AAA and 16u AAA coaching staffs as well as current and former NCAA and Junior hockey players
- **Free camp jersey** for each player
- Hot lunch and 1 snack included in the cost of camps
- Group video sessions
- Off-ice training sessions in our state-of-the-art weight room and ice rink facilities
- Lectures and handouts on hockey specific training
- Approximately 5:1 camper to counselor ratio
- Campers grouped according to age and skill to provide appropriate competition and development
- Medical and training staff on duty for all camps
- Before/after care available for campers for additional fee

Typical Daily Schedule

- 8:30-8:45** Drop-off / Registration
- 8:45-9:00** Dynamic Warmup
- 9:00-9:30** Dress for on-ice
- 9:30-10:30** On-ice session 1
- 10:30-11:15** Off-ice workout
- 11:30-12:15** Lunch
- 12:15-12:40** Dress for on-ice
- 12:40-1:40** On-ice session 2
- 1:40-2:15** Off-ice session 2
- 2:15-3:00** Video session / snack
- 3:00-3:20** Dress for on-ice
- 3:20-4:30** On-ice session 3
- 4:30** Pick-up



SUMMER BREAKAWAY



2023

GILMOUR ACADEMY ICE ARENA SUMMER HOCKEY CAMPS

2023 GILMOUR ACADEMY ICE ARENA HOCKEY CAMPS

Power Skating Camp — June 5-9—\$375

Boys and girls from 2017-2013 (6u-10u) & 2012-2009 (11u-14u) birth years

Skating is the single most important skill in the game. Our power skating camp teaches the techniques necessary to improve your stride, explosiveness, agility and acceleration. Drills focus on fundamentals and technical mastery, but also incorporate edgework and overspeed training that pushes players out of their comfort zone to maximize body control at high speeds.

On-ice drills focus on:

- Technique
- Single leg strength and balance
- Explosiveness/acceleration
- Agility
- Edge control
- Body control

Off-ice drills focus on:

- Leg and core strength and balance
- Developing athleticism and agility

“Light the Lamp” Shooting Camp — June 12-16—\$375

Boys and girls from 2017-2013 (6u-10u) & 2012-2009 (11u-14u) birth years

Score more goals next season! Our shooting camp focuses on technical mastery of fundamentals and mechanics for shooting for all ages and ability levels and application of these techniques in in-game situations. We also teach on-ice vision and awareness to help players read the play and generate more scoring chances. This camp coincides with our Brick Wall Goaltending Camp for healthy competition.

On-ice drills focus on:

- Shooting mechanics
- Quick release
- Shot power and accuracy
- Shooting from all angles, off either foot and while off balance
- Creating deception in release and shooting in stride
- Creativity, vision and awareness

Off-ice drills focus on:

- Shooting mechanics and fundamentals
- Shot power and accuracy
- Balance and single-leg strength
- Developing athleticism and eye-hand coordination

“Brick Wall” Goaltending Camp — June 12-16—\$375

Boys and girls from 2017-2013 (6u-10u) & 2012-2009 (11u-14u) birth years

The goaltender is the most important position on the ice. This camp focuses on technique and fundamentals and their application in games. We follow an innovative curriculum that fosters confidence while increasing the goalie's ability to stop the puck. Our coaches help each goaltender find a style that fits their size, flexibility, quickness and creativity. This camp coincides with our Light the Lamp Shooting Camp for healthy competition.

On-ice drills focus on:

- Positioning
- Fundamentals and technique
- Position specific skating and movement
- Tracking
- Puck handling
- Game situation, battle and compete drills

Off-ice drills focus on:

- Mobility, flexibility and quickness
- Core strength and body control
- Position-specific movement
- Eye-hand coordination and tracking
- Developing athleticism

Register online at:

<https://www.gilmour.org/campus-life/camp-programs>

Skill Development Camp — June 20-23—\$300

**Boys and girls from 2017-2013 (6u-10u) & 2012-2009 (11u-14u) birth years
(No Camp Monday, June 19th—National Holiday)**

This camp is designed as a skill development clinic. Emphasis is on improving skating skills, specifically the camper's stride. Campers will also learn and develop scoring techniques, overspeed skating, stickhandling skills and skating edge work. Through drills and practice, campers will improve their ability to shoot the puck with power and accuracy. Game situation drills for both forwards and defensemen are designed to work on protecting the puck, creating scoring chances

On-ice drills focus on:

- Fundamentals and skills
- Skating and balance
- Game situation, battle and compete drills

Off-ice drills focus on:

- Mobility, flexibility and quickness
- Core strength and body control
- Developing athleticism and coordination

Girls Hockey Weekend Camp — July 7-9—\$225

Girls from 2017-2013 (6u-10u) & 2012-2009 (11u-14u) birth years

The Girls' Hockey Camp is a three-day camp of instruction that will include stickhandling, shooting, passing, positioning, concepts, decision-making skills and small area games. This is an all-girls camp and perfect for girls at any level. Small groups will be designated based on skill level and age. The lead instructor for this camp will be Gilmour Academy Girls Prep Hockey Coach Seanna Conway!

On-ice drills focus on:

- Fundamentals and skills
- In-game positioning and concepts
- Game situation, battle and compete drills

Off-ice drills focus on:

- Mobility, flexibility and quickness
- Core strength and body control
- Developing athleticism and coordination

High Intensity Training “H.I.T.” Camp — July 10-14—\$425

Boys and girls from 2014-2009 (9u-14u) birth years (Inquiry / Invite Only)

The High Intensity Training Camp is Gilmour's signature hockey camp. It is one of the best camps in North America when evaluating ice time, instruction and cost. The instructional staff demands physical and mental hard work. This is an inquiry-only camp in the sense that players must be approved by the camp director before officially enrolling. Campers' parents must inquire by contacting Coach Veach at veacht@gilmour.org before registering.

On-ice drills focus on:

- Morning skills session
- Morning team practice
- Afternoon game session

Off-ice drills focus on:

- Video analysis of game-play
- Mobility, flexibility and quickness
- Core strength and body control
- Developing athleticism and coordination

“Compete and Battle” Weekend Camp — July 22-23—\$225

Boys and girls from 2012-2009 (11u-14u) birth years

The “Compete and Battle” Weekend Camp is a three-day camp of on-ice instruction in checking, body positioning, angling, proper body contact/engagement and small area “compete and battle” drills to allow players to learn how to play in tight spaces. The skill to make plays/decisions with limited time and space on the ice is crucial for a hockey player to elevate their game to the next level!

On-ice drills focus on:

- Proper technique to give and receive check
- Contact confidence
- Angling and stick position
- Skating, balance and weight transfer
- Game-situation drills and small-area games

Off-ice drills focus on:

- Single leg strength, core strength and balance
- Proper checking technique
- Angling and footwork
- Developing athleticism and agility

