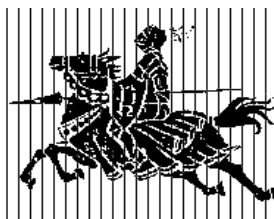


Rome Free Academy Ice Hockey Booster Club

Presents



RFA Summer Youth Hockey Camps



Purpose: Skills, Skills, and Skills!

- The Rome Free Academy Ice Hockey Camp is designed to give young hockey players an opportunity to develop and improve his/her hockey skills in a fun learning environment.
- In order to improve the quality of hockey in Rome, basic fundamentals such as skating, stick handling, passing, and shooting will be stressed during each session.
- Toward the end of the camp the athletes will take part in 3 vs. 3 mini games and full ice games. These games will allow them to utilize the skills taught in a game situation.

General Information:

- The camp will be held at the Whitestown Community Center every Monday night starting June 29th and ending August 10th from 6:00-7:30pm (See schedule on back of brochure.)
- The camp is open to any boy or girl in the Rome area between the birth years of 1993-2002.

Staff:

- The directors for the RFA camp will be RFA Varsity Head Coach Greg Cuthbertson and his assistants Pete Mastracco, and Mike Gzik.
- Other various coaches including former and current RFA players will be present to give athletes one on one feedback to improve their game.
- Please remember that all coaches are volunteering their free time to help improve Rome's hockey programs.

Philosophy:

- It is the belief of the RFA coaching staff that basic fundamental skills and development of pride and tradition are important for success. This summer camp is a great way to develop both.
- Athletes will get the opportunity to improve skills and get a sense of what it means and takes to be part of RFA Hockey.

Conduct:

- This is a great opportunity for the athlete to work on their game and play hockey during the summer.
- All participants will be expected to come ready to learn and to work.
- Poor conduct during the clinic will lead to the immediate dismissal of the player.

Schedule:

Mondays:

- June 29th: 6-7:30 pm
- July 6th: 6-7:30 pm
- July 13th: 6-7:30 pm
- July 20th: 6-7:30 pm
- July 27th: 6-7:30 pm
- August 3rd: 6-7:30 pm
- August 10th: 6-7:30 pm



Typical On-ice Session:

- 0-20 minutes of power skating
- 5-15 minutes of stick Handling
- 5-15 minutes of Passing/Receiving
- 10-20 minutes of shooting/Scoring
- 10-20 minutes of 1v1, 2v1, 2v2, 3v2, 3v3

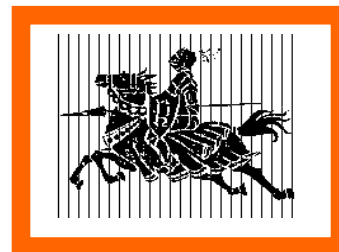
The fee for this year's camp will be **\$75.00**. A **\$50.00 non-refundable deposit** is required with the registration form. **Registration deadline is 6/12/09**. The balance will be required prior to the first session and can be payable at the door. Please arrive early to check in.

Registration forms available online @ www.rfahockey.com. We request that you complete the online form and submit electronically and then mail your deposit or full payment to the address below. If you cannot submit online, then please print, fill out, and mail the form along w/ **deposit** or full payment to:

Greg Cuthbertson
Stokes Elementary School
9095 Turin Road
Rome, NY 13440

Make checks payable to:
RFA Hockey Booster Club

Questions - call Greg: Leave Message
Work: 334-1220 Cell: 725-3357



www.rfahockey.com

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