



RSF Hockey Development aims to develop elite work habits paired with a championship mentality. Our athletes are not going to be held at the normal standard other athletes are going to be held to, because our athletes want to be extraordinary, they will need to be held to extraordinary standards. We will hold them accountable while being committed to the goal of creating outstanding hockey players, athletes and people.

2018 **TRAINING GROUPS**

- Bantam Elite (2004-2005) • Midget Elite (2003-2002-2001)
- Midget Elite Girls (2003-2002-2001)



MONDAY AND FRIDAY AT RUSSEL SEAN FITNESS

Lead by Fran Quintana & Russel Favel

- 8 week Progressive 5-Phase Strength & Conditioning for Athletic Development and Performance.
- Fran & Russel will work with athletes to help them achieve the required skills to progress to the next phase of development.
- Athletes will receive progress reports with video analysis in order to create programming based on individual needs.
- The Strength & Conditioning program focuses on developing the multi-dimensional athlete, not the player.
- 30 hours of off ice training (1 ½ hour sessions)

TUESDAY AND THURSDAY AT RICHMOND ICE CENTRE

Lead by Brayden Low + Guest Coaches

- 8 weeks of learning and developing skills that will be highly beneficial to the athlete at the next level of competition.
 - Skill development: shooting (scoring, shot placement & high percentage vs low percentage shots), passing, body protection (wide driving, down low moves & board play) evasive movement in open ice/ closed ice, stick handling (trouble situations) and quick release teaching (one timed shots, strong side and weak side)
 - Skating development: Edgework, speed (first 3 steps, open ice carries, explosiveness), agility, power moves, directional change (how to evade defenders at full speed)
 - Thinking the game: systems teaching, understanding hockey related terms, situational play, when to use the skills learned above.
 - Game like scenarios: small area games, controlled games with teaching, competing against each other to create a competitive yet fun atmosphere all summer.
- 20 hours of on ice training (1 hour sessions)



Troy Stecher
Celebrity Guest Coach

CAMP OVERVIEW

- 30 Hours of off ice training (Mondays & Fridays)
- 20 Hours of on ice training (Tuesdays & Thursdays)
- RSF Hockey workout apparel
- RSF hockey jerseys & socks
- Post workout Biosteel Recovery protein
- Exclusive social media exposure

Camp cost - \$1899 + GST

Direct your registration inquiries to
rsfhockey@russelseanfitness.com



On ice Location –
Richmond Ice Center

Off Ice location –
Russel Sean Fitness