

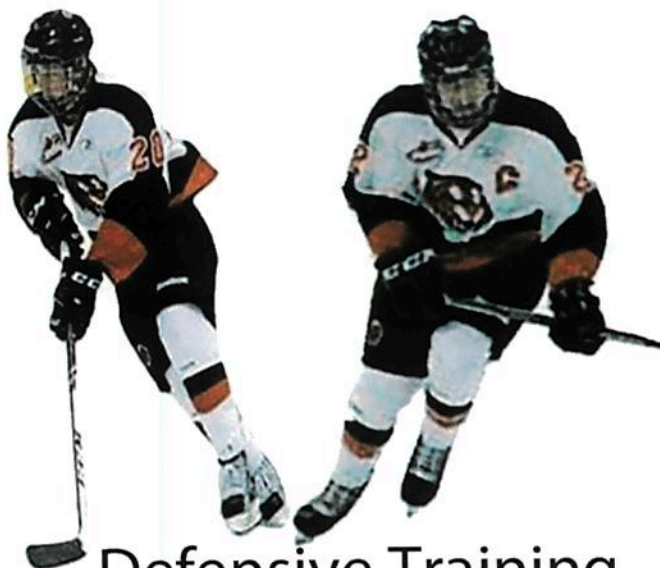
SEAC Building Champions

2nd Annual Summer Camp

August 26-30, 2017

all sessions at Medicine Hat FLC

Scoring and Playmaking



Defensive Training

90 skaters plus 6 Goalies/session available on first come first serve basis

Open to all PeeWee, Bantam and Midget aged Hockey Players

11.25hrs of On Ice Training/ 2 hrs off-Ice Training

1 hr Growth Mindset Training- Tough Mindedness

Sessions will be run by Coach's Edge and SEAC AAA Hockey Coaches

Download a registration form from seactigers.com

Registrations will close one week prior to the camp start date.

Early bird Registration of \$325 before July 15th. After July 15th the cost is \$350/player

For further information please email askseac@gmail.com



All camp information, training plan and schedule
can be downloaded from our website

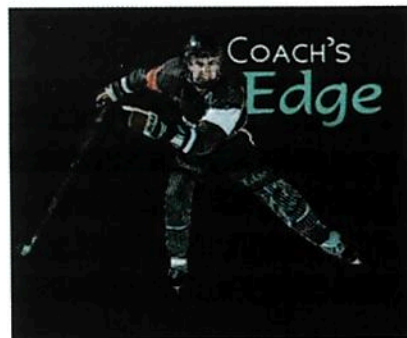
seactigers.com



Coach's Edge and SEAC - The Tradition Continues



**2017 SEAC /Coach's Edge
Developing Champions Camp
August 26-30, 2017
Medicine Hat FLC
MEDICINE HAT, AB**



PLAYER REGISTRATION SHEET

NAME: _____

ADDRESS: _____

CITY: _____ PROV: _____ POSTAL CODE: _____

HOME TELEPHONE: _____ CELL: _____

E-MAIL ADDRESS: _____

PLEASE PRINT CLEARLY AS WE MAY USE THIS E-MAIL ADDRESS FOR FUTURE CORRESPONDENCE

DATE OF BIRTH: _____ HEIGHT: _____ WEIGHT: _____

MEDICAL NUMBER: _____ PROV: _____

PARENT'S NAMES: _____

CONTACT # _____

POSITION PLAYED: _____ SHOTS: L / R CATCH: L / R (GOALIES ONLY)

LAST TEAM PLAYED: _____

JERSEY SIZE: _____

PREVIOUS INJURIES FROM LAST 2 YEARS/ ANY ALLERGIES OR MEDICATION:

Please return to:

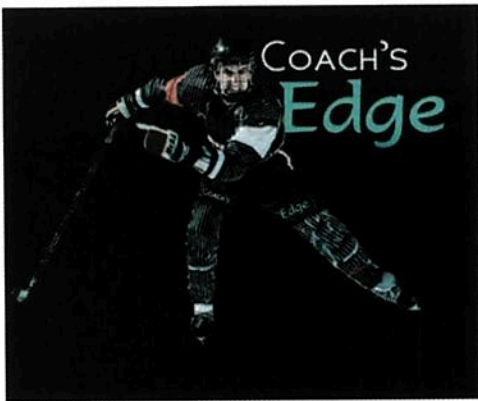
askseac@gmail.com

Deadline: **By August 10, 2017**

Early Bird Registration of \$325 before July 15th. After July 15th the cost is \$350/player.

Mail to: Box 21014 Medicine Hat T1A 6N0

No refunds after August 10th. 1/2 refunds for medical reasons (Dr.'s Note must be provided)



Coach's Edge and SEAC AAA Coaches Present Pre Camp Skills Clinic

Developing the Total Player

The Emphasis of the camp will be to instruct players on becoming better Play-Makers, Goal scorers and Defensemen.

Planning: There will be 11.25 hours of on – ice instruction over 5 days –

2 hours of Off – Ice training – linking On - ice to Off – ice skill development

And 1 hour of Psychology of Sport – the Growth Mind Set/ Grit Training/Focus

Schedule: Coaches Schedule

Schedule Friday Aug. 25 – 7:00 – 9:00 pm – Coaches Seminar – Team Building/ 5 Pillars of Skill Development

Schedule Saturday Aug. 26

9:00 – 10:15 am Pee Wee Skills on Ice

10:30 – 11:45 am – Bantam skills On - Ice

12:00 – 1:15 pm – Midget Skills On – ice

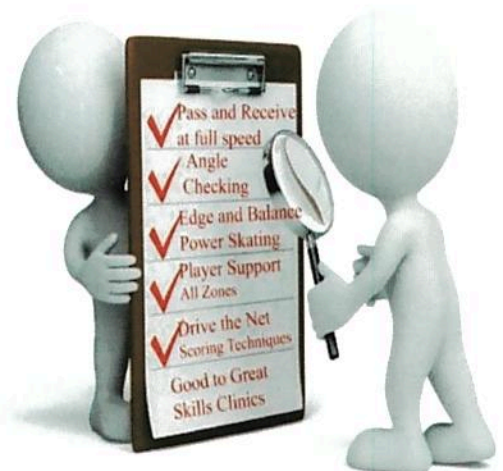
***2:15 – 3:15 – Pee Wee Off - Ice**

***3:15 4:15– Coaching Seminar –Error Detection and Correction**

4:30 – 5:45 pm – Pee Wee On - Ice

6:00 – 7:15 pm – Bantam Skills On - Ice

7:30 – 8:45 pm - Midget On – Ice



Schedule Sunday Aug. 27

9:00 – 10:15 am Pee Wee Skills on Ice

10:30 – 11:45 am – Bantam skills On - Ice

12:00 – 1:15 pm – Midget Skills On – ice

*2:15 – 3:15 – Pee Wee Off - Ice

*3:15 4:15– Bantam Off - ice

4:30 – 5:45 pm – Pee Wee On - Ice

6:00 – 7:15 pm – Bantam Skills On - Ice

7:30 – 8:45 pm - Midget On – Ice

Schedule Monday Aug. 28

9:00 – 10:15 am Pee Wee Skills on Ice

10:30 – 11:45 am – Bantam skills On - Ice

12:00 – 1:15 pm – Midget Skills On – ice

*2:15 – 3:15 pm Bantam Off – ice

3:15 – 4:15 – Midget Off -Ice

4:30 – 5:45 pm – Pee Wee On - Ice

6:00 – 7:15 pm – Bantam Skills On - Ice

7:30 – 8:45 pm - Midget On – Ice



Schedule Tuesday Aug. 29

9:00 – 10:15 am Pee Wee Skills on Ice

10:30 – 11:45 am – Bantam skills On - Ice

12:00 – 1:15 pm – Midget Skills On – ice

*2:30 – 3:30 pm Midget Off - Ice

4:30 – 5:45 pm – Pee Wee On - Ice

6:00 – 7:15 pm – Bantam Skills On - Ice

7:30 – 8:45 pm - Midget On – Ice

Wednesday August. 30

9:00 – 10:15 am Pee Wee Skills On Ice

10:30 – 11:45 am– Bantam skills On - ice

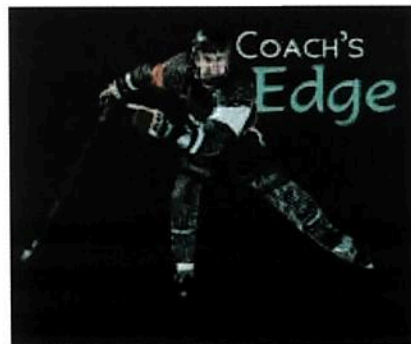
12:00 –1:15 pm– Midget Skills On – ice

1:45 – 2:45 pm-Pee Wee/ Bantam/Midget Off ice – Psych of Sport Growth Mindset/Mindfulness





Welcome to the Coach's Edge and SEAC Tigers Hockey Association Second Annual Summer Camp.



Goals-orient players to AAA instructional techniques and bring together the SEAC AAA coaches to train the key fundamentals to be taught within the entire organization. Emphasis will be on instructing players on play – making, goal scoring and on defensive techniques for defensemen

Dates

- August 26th to August 30th - 2017 Family Leisure Center

Planning:

There will be 11.25 hours of on – ice instruction over 5 days - 2 hours of off – ice training
And 1 hour of Psychology of Sport – the Growth Mind Set

Instructors:

Dan MacDonald
Midget 15 -

Coach's Edge
Coach

Doug Raycroft
Bantam AAA -

Coach's Edge
Coach

Schedule:

PeeWee

Aug. 26 -9:00 – 10:15AM(ice)
Aug.26 -2:15- 3:15PM(Off-ice)
Aug. 26 -4:30 – 5:45PM(ice)
Aug. 27 -9:00 – 10:15AM(ice)
Aug.27 -2:15- 3:15PM(Off-ice)
Aug.27 -4:30 – 5:45PM(ice)
Aug.28-9:00 – 10:15AM(ice)
Aug. 28-4:30 – 5:45PM(ice)
Aug.29-9:00 – 10:15AM(ice)
Aug. 29-4:30 – 5:45PM(ice)
Aug. 30 -9:00 – 10:15AM(ice)

Bantam

Aug. 26-10:30–11:45AM(ice)
Aug. 26-6:00–7:15PM(ice)
Aug. 27-10:30–11:45AM(ice)
Aug.27-3:15-4:15PM(Off-ice)
Aug. 27 -6:00–7:15PM(ice)
Aug. 28 -10:30–11:45AM(ice)
Aug.28 2:15-3:15PM(Off-ice)
Aug. 28 -6:00–7:15PM(ice)
Aug. 29 -10:30–11:45AM(ice)
Aug. 29 -6:00–7:15PM(ice)
Aug. 30 -10:30–11:45AM(ice)

Midget

Aug. 26 -12:00–1:15PM(ice)
Aug. 26 -7:30–8:45PM(ice)
Aug. 27 -12:00–1:15PM(ice)
Aug. 27 -7:30–8:45PM(ice)
Aug. 28 -12:00–1:15PM(ice)
Aug.28-3:15-4:15PM(Off-ice)
Aug. 28 -7:30–8:45PM(ice)
Aug. 29 -12:00–1:15PM(ice)
Aug.29-2:30-3:30PM(Off-ice)
Aug. 29-7:30–8:45PM(ice)
Aug. 30 -12:00–1:15PM(ice)

Aug. 30 – 1:45-2:45PM PW/BAN/MID-PSYCH OF SPORT GROWTH MINDSET/ MINDFULNESS

All players are responsible for their own on – ice equipment and we encourage each player to be ready for their ice times 15 minutes in advance. All equipment must be CHA approved and each is to supply their own water for all sessions.

Vision is the stuff of our dreams, and passion is the energy to make it real!

Instructional Emphasis:

To develop speed and *quickness* - Learning to accelerate quickly and efficiently to gain and maintain possession of the puck will be an emphasis. Evasive moves will be taught and practiced to allow for better one on one play in tight areas of the ice. How to become a better scorer will be stressed.

To pass and receive the puck at full speed - realizing that such training improves vision, develops quick decisions while playing a puck possession team game will be a focus.

To understand and practice the concept of support - to allow for quick transition to facilitate puck movement within the team first approach will be taught.

To understand angle checking - to prevent the offensive man from gaining the middle with the total defensive philosophy to forecheck in every zone will be developed within the practice sessions.

To have the players understand and practice how to drive the net - *creating scoring chances by going to areas that create more goals and more fun in the game will be an emphasis.*

Transition skating for the defensemen - *to skate effectively and improve the details of their game understanding the three types of gap control and how to become part of the offensive thrust will be an emphasis.*

“You think in a practice and perform/act in a game” because in a game you don’t have time to think, you only have time to react. So practice is the time where you have to focus hard and think.”

What a Tiger Is:

1. A Tiger enjoys practices and is willing to learn new things, as he has a personal philosophy of continually improving.
2. A Tiger is coachable – willing to listen to the coach and willing to try new techniques.
3. A Tiger must learn to play outside of his comfort and previous learning. This allows him to learn new techniques and challenges him to improve daily. Practicing on the brink of failure is a Tiger philosophy that takes optimal focus, dedication and confidence which leads every player to new heights in their hockey development.

"Mental toughness is many things and rather difficult to explain. Its qualities are sacrifice and self-denial. Also, most importantly, it is combined with a perfectly disciplined will that refuses to give in. It's a state of mind-you could call it character in action." - Vince Lombardi

4. A Tiger is prepared for games and practices knowing that preparation develops confidence and eliminates surprises. It also gives him the best chance to be successful and meet his goals.
5. A Tiger is cooperative and encourages teammates. They understand when one succeeds, everyone succeeds.
6. A Tiger is confident in his abilities and has a goal to reach his potential realizing as each individual improves the team will improve.
7. A Tiger has an unmatched work ethic and knows that each day his preparation includes visualizing success and practicing beyond what others of lesser motivation would consider.
8. A Tiger is courageous and willing to drive hard for the net in traffic to make scoring chances. He is willing to block shots and take a hit on the defensive boards in order to control the puck in the defensive zone, where lesser teams and people give up. He plays hard in areas that go unnoticed on the score sheet but are appreciated by teammates, and coaches.
9. A Tiger is strong willed and regards pressure as a means to inspire the best in themselves.

Passion: it is an ease of confidence and grace that moves great people.

"Passion for hockey is what drives us to push ourselves beyond our limits. It energizes us to exert an extra effort, which is often the difference between failure and success, defeat and victory.

OVERVIEW

A Tiger is **mentally tough**. He will **overcome obstacles** by confidently moving forward knowing that **pain often precedes glory**. A Tiger is **self-motivated** and **self-directed**. He doesn't need to be pushed, shoved, forced or tricked from the outside. A Tiger makes a **choice to be an athlete** and **accepts the responsibility for his actions**. He is in **control of his emotions** and controls any negative energy. He will learn to be **calm and relaxed under great pressure**. **His sheer will to succeed is beyond the comprehension of those who don't have the same vision**. A Tiger is **capable of long periods of intense concentration and focus**. **Continuous improvement** is part of his personal philosophy of sport and life in general. He is **resilient** and **mentally tough**. A Tiger understands that you cannot **achieve success** without an **enthusiastic approach to the game**. He will bring this enthusiasm even during the toughest times as hockey means a great deal to him and he finds the **greatest challenges to be the most interesting and exciting**. He realizes **winning is an expectation** and **a loss inspires him to be better, to train harder**, and to **re – evaluate his inner most thoughts**. It pushes him to improve and he looks forward to the next encounter. A Tiger **doesn't blame anyone** for failure **nor does he take undue credit** for the successes. He realizes that **credit comes to those who succeed** and it really is part of his make-up. **He is modest in victory and quiet in defeat**.