

Townshend Hockey Skating Systems Newsletter

May 2011

It's that time of year...



We are busy planning and coordinating our summer programs and are excited to see how quickly our camps are filling up! Our Governors Academy camps have only 4 remaining spots for Super Boarding Camp and the July 31-Aug 5th Scoring and defenseman camp is sold out (we do have a waiting list) and there are only 16 spots left in our most popular Transition Camp Aug 7-12. In Toronto, our Super Camp only has 3 spots left! Don't miss out—visit our www.TownshendHockey.com to register. And see page 2 of the newsletter for a sample camp itinerary.



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Got a Goalie?



CAP RAEDER

Townshend Hockey Skating Systems is proud to offer Goal Tending Training at our Governor's Academy location for 3 weeks again this summer with Cap Raeder.

After starring (All-American) at the University of New Hampshire in 1974, Cap went on to play for the

Hartford Whaler's in the World Hockey Association, a rival league to the NHL, boasting stars such as Bobby Hull and Gordie Howe. Cap went on to play for Team USA in the 1976 Canada Cup (now known as the World Cup of Hockey).

Cap has been a Goal-tending Coach in the NHL for over 20 years; working for the Los Angeles Kings, Boston Bruins, San Jose Sharks and is currently with the Tampa Bay Lightning as their Goalie coach and pro scout.

A precise tactician, Cap has been an integral part of the development of several NHL star

goalies, such as former Calder Trophy winner (NHL Rookie of the year) and NHL All-Star Evgeni Nabakov, Vezina Trophy winner (NHL's best goaltender) Miikka Kiprusoff, Vesa Toskela and many more.

You won't find a more comprehensive goalie program. We have had goalies from as far away as Germany come to Townshend Hockey camp in order to benefit from the hands on training of Cap Raeder. He is on the ice each day working and critiquing these goalies; offering the most intense training most of these goalies have had the privilege of participating in.

www.TownshendHockey.com



Become a fan of Townshend Hockey on Facebook



We are looking for a certified medical trainer and equipment manager for our Boston Camp. E-mail us at townshendhockey@yahoo.com



“Practice until you get it right, then practice until you can’t get it wrong”

We are always looking for future newsletter content. If you have something to share, please email it to us at:

townshendhockey@yahoo.com

We are often asked what a typical day at camp looks like and while the actual itinerary is not finalized until we have a final registration numbers, here is a sample of what the week looks like. As you can see, we have a very full week!

CAMPER ITINERARY

Sunday

Evaluations	1:00pm – 2:30pm
Dress	2:30pm
On Ice	3:00pm - 5:00pm
Dinner	5:00pm – 5:30pm
Off ice shooting/stickhandling	5:30pm – 7:30pm
Dorms	7:30pm – 9:00pm
Lights Out	9:00 pm

Monday – Thursday

Wake Up	7:45 am
Breakfast	8:15 am – 8:45 am
Dress	9:00 am – 9:30 am
On Ice	9:30 am – 12:00 pm
Lunch	12:15 pm – 12:45 pm
Off Ice shooting/stickhandling	12:55 pm – 1:55 pm
Dress	2:00 pm – 2:30 pm
On Ice	2:30 pm – 5:00 pm
Day Camp Pick Up	5:00 pm
Dinner	5:15 pm – 5:45 pm
Coaches Corner	6:00 pm – 7:00 pm
Dorms	7:00 pm—9:00 pm
Lights Out	9:00 pm
Acceleration Dress	7:15 pm – 7:45 pm
Acceleration on Ice (Mon., Tues., Wed)	7:45 pm – 8:45 pm

Friday

Wake Up	7:45 am
Breakfast	8:15 am – 8:45 am
Dress	9:00 am – 9:30 am
On Ice	9:30 am – 11:00 am
Off Ice shooting/stickhandling	11:15 am – 12:00 pm
Lunch	12:00 pm – 12:30 pm
Dress	12:45 pm – 1:15 pm
On Ice	1:15 pm – 2:45 pm
Pick Up	3:00 pm