



HOCKEY UNIVERSITY

**Gain an Education
In Elite Athletic Training**

SUMMER 2020

***On-ice/Off-ice Hockey Skill
Development Program
June 1 - July 30***

- **All Inclusive On-ice/Off-ice Program**
- **Professional, Full-time Staff**
- **Skating Treadmill Training**

hockeyuniversity.com
734-323-3193

Instructors



Carrie Keil

- Master's degree in Exercise Physiology
- 17 years CEO Keil Power Skating
- 1999-2018 USA NTDP Head Skating Trainer
- 40 years private instructor



Kristina Keil

- Bachelor's degree MSU
- 8 years coaching experience
- Kent Prep School Varsity Hockey 2010-12
- Skating Treadmill Instructor
- Power Skating Director Phoenix Arizona



Brian Sipotz

- B.S. in Exercise Science from Miami University
- 7 years Atlanta Thrashers Organization
- Owner/Coach at Advantage Strength and Conditioning
- Cert. Strength and Cond. Specialist
- Asst. Coach Saline Varsity Hockey



Zach Willis

- B.S. in Sports Performance
- 6 years coaching experience
- Head Coach Saline Prep Hockey
- Skating Treadmill Instructor



Hockey U Midget/High School Level

Birth Years: 2002-2005

Dates:	June 1-July 30 (players may miss up to 2 weeks)
Focus:	Strong skating skills, agility, Explosive speed, puck skills
On-Ice:	1hr 20min on-ice; double session on Mondays Heavy repetition full ice & Station to station
Off-Ice:	Weight lifting; Title Boxing; core/speed work Dry-land hockey skills/skating /treadmill
Days/Times:	Mon/Tues/Thurs Approx. 8:00 AM-1:00 PM June 1-11 3:00-6:00 PM
Cost:	\$1,950

Birth Years: 2006-2007

Hockey U Bantam Level

- Dates:** June 1-July 30
(players may miss up to 2 weeks)
- Focus:** Strong skating skills, agility, Explosive speed, puck skills
- On-Ice:** 1hr 20min on-ice; double session on Mondays
Heavy repetition full ice & Station to station
- Off-Ice:** Weight lifting; Title Boxing; core/speed work
Dry-land hockey skills/skating /treadmill
- Days/Times:** Mon/Tues/Thurs Approx. 8:00 AM-1:00 PM
June 1-11 4:00-8:00 PM
- Cost:** \$1,750



Hockey U PeeWee Level

Birth Years: 2008-2009

- Dates:** June 1-July 30
(players may miss up to 2 weeks)
- Focus:** Strong skating skills, agility, explosive speed, puck skills
- On-Ice:** 1 hour on-ice; double session on Mondays
Heavy repetition full ice & station to station
- Off-Ice:** Unweighted strength/agility exercises;
1 day/week intro to weight training;
1 day/week Athletic workout
Dry-land hockey skills/skating /treadmill
- Days/Times:** Mon/Tues/Thurs Approx. 8:00 AM-1:00 PM
June 1-11 4:00-8:00 PM
- Cost:** \$1,550



Hockey University Summer Enrollment Form

All Programs run *Thursday June 1 - Thursday July 30*. Participants may miss up to 2 weeks.

NO MEMBERSHIP REQUIRED

Name _____ Age _____ DOB _____

Address _____

City/State/Zip _____

Parent's Names _____

E-mail _____ Referred By _____

Phone (H) _____ (C) _____ (W) _____

Emergency Contact _____ Phone _____

I Am Registering For:

☐ **Mite Level Ages 7-8 ('12-'13)**
Cost: \$975 (\$475 due with registration)

☐ **Squirt Level I Ages 9-10 (2 hours/day) ('10-'11)**
Cost: \$975 (\$475 due with registration)

☐ **Squirt Level II Ages 9-10 (3 hours/day) ('10-'11)**
Cost: \$1350 (\$550 due with registration)

☐ **PeeWee Level Ages 11-12 ('08-'09)**
Cost: \$1550 (\$550 due with registration)

☐ **Bantam Level Ages 13-14 ('06-'07)**
Cost: \$1750 (\$650 due with registration)

☐ **Midget/High School Level Ages 15-18 ('02-'05)**
Cost: \$1950 (\$750 due with registration)

Fall/Winter 2019-2020 Season

House Travel AAA High School
☐ ☐ ☐ ☐

Team _____

Coach _____

Spring 2020 Season

House Travel AAA High School
☐ ☐ ☐ ☐

Team _____

Coach _____

Media Waiver: Players who participate in the Hockey University may occasionally be photographed, filmed, or videotaped for coaching education, publicity, or public relations usage. If you do NOT want your child's likeness or image utilized for these purposes, please check the "NO" box. Please check the "YES" box if Hockey University has your permission to use such images for these purposes.

☐ YES, I give permission for video or photographs of my child to be used by Hockey University.

☐ NO, I do not want photographs or video of my child to be used by Hockey University.

Parent/Guardian Name (Print)

Parent/Guardian Signature

Player Name (Print)

Date

Initial payment is non-refundable. Make checks payable to Hockey University.

REGISTRATION DEADLINE: May 1, 2020. *Late registrations accepted space permitting.*

Last but not least, the Hockey U programs are rigorous. Only serious players with the desire and determination to achieve their goals should participate. Program instructors have the right to dismiss any player at any time for any reason. Hockey University is confident that participation will "take your game to the next level", and players who are late, lackadaisical, or disruptive will not be allowed to interfere with those players willing to work.

Mail this completed and signed form with your payment to: Hockey University, P.O. Box 2823, Ann Arbor, Michigan 48106

Liability Waiver: I agree to release Hockey University, Carrie Keil, Darryl Nelson, the Ann Arbor Ice Cube, and all other professional instructors from all claims, actions, causes of actions and damages by the undersigned person for the loss or injury resulting directly or indirectly from the participation of such person in this program. I further agree to indemnify and save harmless such parties from all claims, actions, damages, or demands, including all costs and expenses incurred in defending any such claims or actions. I fully recognize that participation in the sport of ice hockey or strength and conditioning can be hazardous, even dangerous, and can result in minor or serious injury, even death. I have fully read this waiver and I acknowledge a complete understanding of the contents of this waiver.

Signed _____ Date _____

T-SHIRT JERSEY SIZE

Youth L	Youth XL	Adult S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Adult M	Adult L	Adult XL
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Birth Years: 2010-2011

Hockey U Squirt Level I - 2 Hours/Day

Dates:	June 1-July 30 (players may miss up to 2 weeks)
Focus:	Enhancement of skating, stickhandling, and overall functional athleticism.
On-Ice:	1 hour on-ice; Station to station format
Off-Ice:	Unweighted strength/agility exercises; Dry-land hockey skills
Days/Times:	Tues/Thurs 8:00-10:00 AM June 2-11 7:00-8:50 PM; 6:00-7:50 PM
Cost:	\$975



Birth Years: 2012-2013

Hockey U Mite Level

Dates:	June 1-July 30 (players may miss up to 2 weeks)
Focus:	Enhancement of skating, stickhandling, and overall functional athleticism.
On-Ice:	1 hour on-ice; Station to station format
Off-Ice:	Unweighted strength/agility exercises; Dry-land hockey skills
Days/Times:	Tues/Thurs 8:00-10:00 AM June 2-11 7:00-8:50 PM; 6:00-7:50 PM
Cost:	\$975



Birth Years: 2010-2011

Hockey U Squirt Level II - 3 Hours/Day

Dates:	June 1-July 30 (players may miss up to 2 weeks)
Focus:	Enhancement of skating, stickhandling, and overall functional athleticism.
On-Ice:	1 hour on-ice; Station to station format
Off-Ice:	Unweighted strength/agility exercises; 1 day/week Athletic workout Dry-land hockey skills/skating /treadmill
Days/Times:	Tues/Thurs 8:00-11:00 AM June 2-11 5:30-8:30 PM
Cost:	\$1,350

Hockey University Goaltending Program

Here at Hockey University, goaltenders will enjoy being treated as equals! Not only will they have specialized on-ice goaltending instruction, but they will also participate in all aspects of the Hockey University Program. They will engage in all of the off-ice training and will be included in the skating sessions with their respective age groups. Mite and Squirt goalies will work with the goalie coach one day/week and will skate with their age groups on Tuesdays/Thursdays. PeeWee, Bantam, and Midget goalies will train with the goalie coach 1 day/week, take shots with their age group 1 day/week, and skate 1-2 days/week with their group. **Space will be limited to 4 goalies per age group**-don't miss out on your chance to be involved in the only 10-week professional goalie training program in the country!



Hockey U Goalie Program

Dates:	June 1-July 30 (players may miss up to 2 weeks)
Focus:	ATHLETICISM and SKATING skills
On-Ice:	Mondays double session-skate and take shots Tuesdays goalie specific training Thursdays skate with own group
Off-Ice:	Participate with own age group; Weight Training/Boxing for HS and Bantams Athletic workout for Squirt, PeeWee
Days/Times:	Mon/Tues/Thurs Participate with own age groups June 1-11 4:00-8:00 PM
Cost:	Same as age Level costs (\$975-\$1,950)

Birth Years: 2002-2012

Personalized Off-Season Elite Training

A la Carte Training Options

Even though Hockey University provides everything you need to improve during the off-season, we understand that some of you would prefer to pick/choose and create your own training schedule. That's why we offer all aspects of our elite hockey training separately:

***On-Ice Private/Semi-Private Instruction-Wed and Fri**

***Skating Treadmill Training-Mon thru Sat**

***Functional Strength/Weight Training-Mon thru Sat**

Not sure what type of training would help you the most?
Not sure how often to work out?

For On-Ice Private Lessons information, contact
John Winkleseth at 734-320-1964 or jwink29@gmail.com

For Skating Treadmill information, go to allnstride.com
or contact Carrie at 734-323-3193 or carrie@allnstride.com

For Functional Strength/Weight Training information,
go to advantagstrength.com or contact
Brian Sipotz at 734-531-9762



Brian Sipotz, Owner Advantage Strength & Conditioning
Pre-Hockey U Spring Training Session begins in
early March
Private and Small Group Strength Training



Hockey University BIG CHANGES!!!!

We are VERY happy to announce that we have successfully relocated the skating treadmill into the Ann Arbor Ice Cube! YES!!!

In an ongoing effort to offer a complete hockey training program we are doubling our ice time on Mondays, and giving every participant a skating treadmill 5-pack to use anytime over the summer (\$187.50 value!).

We are also offering new athletic training venues- Midget, High School, and Bantam age players will participate 1 day/week in a 1 hour boxing workout at Title Boxing; We take your suggestions, opinions, and critiques of our program seriously, and we hope that you are excited about all of the new changes.

We think you will enjoy Hockey U more than ever this summer!

May no skill go unturned!



Want \$100 off? \$200 off? \$500 off?
How about participating for *FREE*?

That's right! For every **new** player you refer, you get \$100 off your enrollment fee!

Refer 5 friends, that's \$500 off for you! Refer 10 friends, that's \$1000 off!

NO KIDDING!!!

**Simply have your friends write in your name on the
"Referred By" line on the registration form.**

Your account will be credited accordingly!

(Only players who have NEVER participated in Hockey U can be considered "new")

Experience the Hockey University training system.

**This method of training provides every player with the
knowledge and physical skills to succeed at any level.**

WANT RESULTS?

GET RESULTS!

Hockey University

P.O. Box 2823

Ann Arbor, Michigan 48106

1-734-323-3193

hockeyuniversity.com