

What Parents and Players are Saying

"It was a great program for my young hockey player. He learned a lot, improved & made some new friends. I would definately reccommend this program to all parents who want to have their children in hockey."

- Tina

"Solid program for my son going into Bantam hockey next year. I liked that it had the off-ice training incorporated, which not only benefits his hockey skills but is useful in all sports."

- Jim

"It was great to see some of my hockey friends during the Summer. I had a great time!"

- Patrick - Age 12



**2 Nights per week...
All Summer Long!**
Summer Training for Peak Performance

**Register Now And Get
4 FREE ADMISSIONS
to Stick & Puck
for Students & Parents
Over The Summer!
Worth over \$40
FREE!**

You can register online, at the front desk or by telephone.
Rink #: 630.679.1700

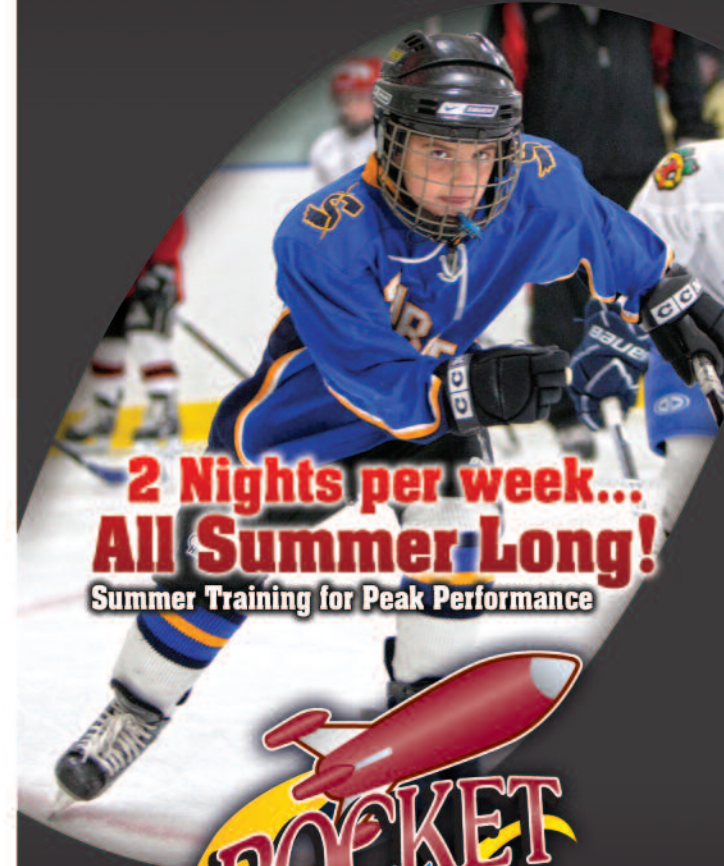
Visit our website at www.rocketice.com to register!



Sign up Now!
**CAMP SOLD OUT
EARLY LAST YEAR!!**



TRIPLE S 2017
Skating
Stick Handling
Scoring



**2 Nights per week...
All Summer Long!**
Summer Training for Peak Performance



HOME OF  **SABRE HOCKEY**

Rocket Ice

TRIPLE S 2017

Skating Stick Handling Scoring

Two Nights Per Week...All Summer Long!

If you are a hockey player serious about improving, then this is a great program for you! The Rocket Ice Triple "S" Camp is the southwest suburbs' best summer hockey and power skating program. This is a consistent, two nights per week, advanced training academy. It is perfect to prepare for next season's tryouts. Our students come out in peak physical shape in August, when having an edge matters most.

At Rocket Ice Triple "S", our players will train to be in top physical form and be ready for fall hockey try-outs. We have set up a well organized staff who provide not only encouragement and support but also know how to incorporate fun into camp. If you are looking for that edge at tryouts, this program is for you!



On Ice Training

Power Skating

We integrate the fundamentals of skating into an exciting and motivating strength and conditioning program. Have fun while you drastically improve your:

- Skating Form
- Speed
- Fundamental Hockey Moves
- Backward Skating
- Power Skating
- Endurance



Hockey Skills

Your goal is to be in top playing condition for the upcoming hockey season, we will prepare you for this by building on your own fundamental hockey skills and abilities as you master basic and advanced techniques in:

- Stick Handling
- Passing
- Shooting
- Power Skating
- Checking for PeeWee & above

SIGN UP NOW!
Camp Sold Out Early Last Year!



Off Ice Training



Our goal off the ice is to improve the overall athleticism of each player. Improving athleticism is critical when trying to gain the competitive edge over other players. We feature a complete Off-Ice Training session one half hour prior to or after On-Ice Training. Off-Ice Training includes strength, conditioning, balance, core strengthening, agility, plyometric skills and drills. There will be something different for the players to work on everyday.

Program Meets Two Nights Per Week

Mites & Squirts
Tuesdays & Thursdays
 Group A [5:20-6:20 pm On-Ice
 [6:45-7:15 pm Off-Ice
 (Ages 6-11)
 Group B [6:45-7:15 pm Off-Ice
 [7:50-8:50 pm On-Ice

Session 1: 5/30-6/29 \$268 for 4 Wks (8 Nights)
 No Class June 20 and June 22
Session 2: 7/11-8/17 \$399 for 6 Wks (12 Nights)
Best Value - Both Sessions: \$599 for 10 Weeks

PeeWee & Bantam
Mondays & Wednesdays
 7:00-7:30 pm Off-Ice
 7:45-8:45 pm On-Ice
 (Ages 12 and Up)

Session 1: 6/5-6/28 \$268 for 4 Wks (8 Nights)
Session 2: 7/10-8/16 \$399 for 6 Wks (12 Nights)
Best Value - Both Sessions: \$599 for 10 Weeks

Visit RocketIce.com or Front Desk by April 30 for Early Registration Discount

Class size is limited so register now to reserve your place. Call Guest Services now to register 630.679.1700

SOLD OUT LAST YEAR! SIGN UP NOW!