

About the Instructors

Fredrik Nygren - Born and raised in Sweden, Fredrik is a Master Skills Coach from the Stockholm Ice Hockey Federation. He played hockey in Sweden for over 14 years and has been coaching youth hockey since 2002. In 2006-2007 he was Coach of the Year for the Stocksunds IF Tier 1 program. Stocksund's famed youth hockey program is one of the best in Sweden. Fredrik is presently the coach of Team Maryland's Tier 1 Pee Wee Major and Pee Wee Minor Teams.

Dan Houck - Dan is in his second year as the Coaching Director for Team Maryland. He holds a level V Mastes Coaching Certification from USA Hockey. Dan also serves as a scout for the United States Hockey League (USHL) Central Scouting Staff in the region. His summer training program, Maryland Model, is where some of the best midget, prep, and DI/III players in the region train. Dan played collegiate hockey at Williams College where he was a four-year varsity player, team captain his senior year, and team MVP.



Train like the world's best!

High Performance Hockey
c/o Dan Lackner
570 Innsbruck Avenue
Great Falls, VA 22066

HEALTH CERTIFICATION AND WAIVER

In signing this certification, the parents certify that the student is in good normal health.

In consideration of the skater's registration and participation in the Swedish American Skills Clinic, the participant and parents acknowledge and agree that the instructors and organizers of the Swedish American Skills Clinic and the Cabin John Ice Arena will not be held responsible for any accident, damage, injury or loss, however caused, negligent or otherwise, at any time and expressly release any and all of the aforementioned parties from all claims arising from any accident, damage, injury or loss or as a consequence thereof. This release will be binding on our heirs, assigns, executors and administrators.

I have read and agreed to the above

Player Name (printed) _____

Signature of Parent _____

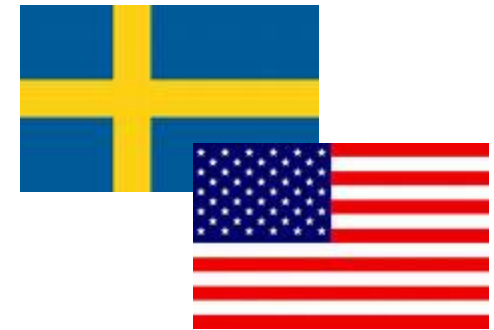
Name (printed) _____

Date: _____



High Performance Swedish American Skills Clinic

Attention 98-99
Birth Year Players:
Take Your Game to
the Next Level



10 Sessions, March 8th to April 7th
Cabin John Ice Rink

Phone: 703.657.9348

Email: dlackner@hotmail.com



Clinic Description

The best hockey players are known for their exceptional skating and puck handling abilities. These skills are developed through superior conditioning and proven drills done at a very high rate of speed.

Dan and Fredrik will focus on developing and enhancing the abilities of Tier 1, Tier II and Travel Team players and take them to the next level of performance. On ice sessions are very demanding and will emphasize skating and technical skills, executed at a very high rate of speed. Endurance, flow and perfect execution will be taught and skaters will be challenged to use both their mind and their physical skills.

Age Groups

This program is designed for 98 and 99 birth year players. Due to the advanced nature of the training, this program is geared toward motivated A, AA and AAA players.

Clinic Fee

Only \$385.00 for all 10 sessions (includes ice time and instructor fees). Make checks payable to High Performance Hockey and mail to the address on the front of the brochure.

For questions about the clinic, please contact:

Dan Lackner
Phone: 703.657.9348
dlackner@hotmail.com

Clinic Skills

Each clinic will last for one full hour and will be conducted at a high rate of speed. The clinics will focus on developing the full range of skills for a complete hockey player, including:

Skating

Stride mechanics, speed, edge work, turns and transitions, stops and starts, acceleration, coordination

Puck Handling

High speed skating with puck, moves and dekes, puck protection, dangling, combination drills, coordination

Passing, Receiving and Shooting

Proven drills for hard, accurate passing, one touch passes, cycling and the fundamental skills necessary for a hard, accurate shot

Conditioning

Building strength and stamina with proven power skating techniques.



Dates and Times

<u>Dates</u>	<u>Start Time</u>	<u>End Time</u>
<input type="checkbox"/> Monday, March 8 th	6:15 PM	7:15 PM
<input type="checkbox"/> Wednesday, March 10 th	6:15 PM	7:15 PM
<input type="checkbox"/> Monday, March 15 th	6:15 PM	7:15 PM
<input type="checkbox"/> Tuesday, March 23 rd	6:15 PM	7:15 PM
<input type="checkbox"/> Thursday, March 25 th	6:15 PM	7:15 PM
<input type="checkbox"/> Tuesday, March 30 th	6:15 PM	7:15 PM
<input type="checkbox"/> Thursday, April 1 st	6:15 PM	7:15 PM
<input type="checkbox"/> Monday, April 5 th	6:15 PM	7:15 PM
<input type="checkbox"/> Tuesday, April 6 th	6:15 PM	7:15 PM
<input type="checkbox"/> Wednesday, April 7 th	6:15 PM	7:15 PM

Player Name _____

Address _____

Phone _____

E-mail _____

Current Team and Birth Year _____

Coach _____

Position _____

Clinic Fee: \$385.00

Goalies: \$75

Make checks payable to High Performance Hockey. Mailing address can be found on the front of the brochure.

**Limited to the first 30 Players.
Sign Up Now!**