

## Sport International Hockey Academy

*"Always Working Hard & Having Fun"*



### RUSSIAN TRAINING

The key to becoming a well rounded hockey player is off-ice conditioning. We will teach all students the importance of preparing themselves physically through our "Russian Training" program. All drills are specifically designed to strengthen hockey muscles, improve stickhandling skills and introduce plyometric & isometric exercises to each student, daily.

### OFF-ICE SHOOTING

Each student will experience our SIHA Shooting Gallery, on a daily basis. Our expert staff will instruct the fundamental skills associated to the following shots: wrist, backhand, snap & slap shots. All shots will be executed through a wide variety of targets, for increased accuracy. We will also be filming and analyzing each student's shot, through the use of iPad technology.

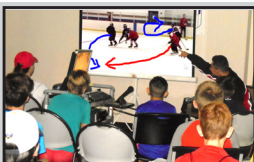


### RECREATION

All students will have a chance to switch gears each day, with fun hockey specific recreational games. Our staff likes to play with the kids, for added competition. "All hard work, must be rewarded with fun."

### BOX HOCKEY

SIHA offers a box hockey session to all students, which is a great way to build stickhandling skills and a fun group competition. Box hockey is also an upper body development exercise.



### LECTURES

SIHA offers daily lectures including; rules discussion, positional play, sportsmanship, off-ice training, and game-tape analysis. All lectures are conducted through the use of our computer and projector for stronger emphasis.

### PYLON CUP GAME

Sport International offers our very popular "Pylon Cup Game" at the end of each camp, showcasing each player's new talents from a week of hard work. Our Pylon Cup Game is a 35 year tradition, featuring an SIHA Referee, scoreboard & upbeat music. We invite family & friends to enjoy the Pylon Cup Game, and to be in attendance for Closing Ceremonies.



### LUNCH PROGRAM

SIHA understands the importance of a quality lunch program. Each student will have the opportunity to sign-up for our famous SIHA lunch menu including:

#### LUNCH MENU

**Mon:** Pizza, Chips, Dessert & Juice

**Tues:** "Uncle Bob's Famous Cook-Out" featuring Mouth Watering Cheeseburgers, Hot Dogs, Snacks, Salad & Juice

**Wed:** Sub Sandwich (Ham or Turkey) Chips, Dessert & Juice

**Thurs:** "Uncle Bob's Power Play Picnic"

featuring Breaded Chicken Patties on a Bun, Chips, Salad & Juice

**Fri:** Pizza, Chips, Dessert & Juice

**\*We will offer a fruit bowl each day with lunch (apples, bananas, & fruit cups)**

#### Lunch Program Pricing:

**Youth meal:** (single serving) \$50.00

**Big Kid Meal:** (2nd serving of main course daily) \$60.00

To register for our Lunch Program, you may sign-up on our accompanied application page. Please indicate either "Youth Meal" or "Big Kid Meal".

**\*NOTE: Fairport, and Rochester Students** will incur an additional \$10.00 catering charge for their lunch program. **Rockville Students** will incur an additional \$20.00 catering charge for their lunch program.

## Sport International Hockey Academy

*"Highly Energized & Fast-Paced, Instructional On-Ice Program"*



### POWER SKATING

SIHA will be conducting a ninety minute, highly intense power skating program each day. Every player will be constantly motivated in the following skill categories: Forward Stride, Backwards Skating, Stops & Starts & Tight Turns. Shooting and Puckhandling will also be incorporated into our power skating program. Our main instructional goal will be to increase each student's balance, edge control, posture and confidence.

### PUCKHANDLING & SHOOTING

SIHA will run a very fast moving, European style puckhandling session each day. All drills are creatively designed to increase foot speed, stick quickness and shooting accuracy. Areas of concentration will include: passing, shooting, 1 on 1's, 2 on 1's and checking drills. Scrimmages offered, if students work hard throughout their daily events.

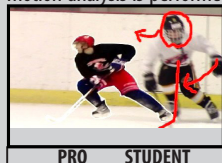


### GOALIE ACADEMY

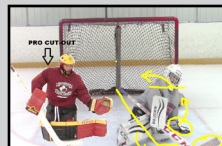
Our goaltending instruction is considered to be one of the most well balanced programs in the country. Each goalie will receive daily goaltending instruction in the following skill areas; stance & angles, glove saves, pad saves & break-away saves. All goalies will also be tested in a series of standardized drills, giving them a national average to reflect their overall skill level.

### PROFESSIONAL DIGITAL VIDEO ANALYSIS

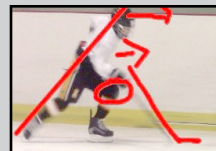
Sport International is recognized as the North American leader, regarding our individualized video analysis technique. SIHA's computerized motion analysis is performed with each student



PRO STUDENT



on a daily basis. Our video analysis will include the following techniques; Professional Drill Demonstration by NHL Players, Telestrator and Audio Analysis of 4 Different Skills (players & goalies). Each player will see their skill side by side with our demo pro, through the use of our computerized split screen technique. Our entire video analysis process and pro video drills will be recorded to MP4 computer transferable files. The cost for your video on a Flash Drive analysis will be \$20.00. Our SIHA Goalie program offers daily video analysis, utilizing cut-out comparisons, pro split screens, spotlight isolation, audio analysis, and X-Ray cut-out techniques, for all goaltenders (\$20.00 Flash Drive). Our expert Goalie Instructors will conduct a daily video analysis session with each goalie to further develop the following skills: Stance, Angles & Movement, The Pad Save, The Glove Save, & The Break Away Save. Our SIHA Goaltending instruction is considered to be the most well rounded program in the country.



### SIHA Video Analysis

*"Clearly Our Best Guarantee For A Quality Hockey Education."*

## 40 HOURS OF NON-STOP HOCKEY



Official SIHA Hotel Sponsor: Comfort Inn by Choice Hotels

Register online: **SIHA.COM**

1.800.724.6658



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