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

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".

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)

> 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

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



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,



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, Ángles & 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."





Official SIHA Hotel Sponsor: Comfort Inn by Choice Hotels

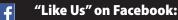
Register online: SIHA.COM 1.800.724.6658







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www.facebook.com/SportInternationalHockeyAcademy

Applications should be received by our Head Office in Rochester, NY, 15 days prior to the player's scheduled location. Any further questions may be directed to our head office at 1-800-724-6058.

Once your application has been received by our New York Head Office, a confirmation letter will be returned to you within seven business days. If you apply online at www.siha.com, your receipt and confirmation letter will be sent to you immediately via e-mail. Please note: each player will be responsible for supplying their own equipment.

Cancellation Policy The Sport International Hockey Academy reserves the right to withhold all tuition monies in the event of a cancellation prior to the players scheduled week. Should the cancellation be due to a doctor approved medical reason, the student would then be entitled to a credit toward any future Sport International summer or winter program. In the extreme situations, a monetary refund may be chosen, however a \$100.00 administration fee will be deducted from the refund. Refunds will not be considered regarding any issues, within 2 weeks prior to your chosen week (future credit only).

Academy Orientation

All parents and students will be required to meet on the Sunday night prior to the student's specified week at 7:00 PM to meet the staff and to go over the schedule of events. Additional orientation info will be mailed/e-mailed to you upon your registration. **Tuition Includes**

SIHA Practice Jersey • Graduation Certificate • Player's Manual • Personal Progress Report And a few surprises . . .

Make Sport International a complete part of your summer experience! Work hard, have fun! 1-800-724-6658

Sport Into	ernational T	ypical Day - 40 Hour Program				
8:30 am - 9:00 am	Dressing Room					
9:00 am - 10:30 am	On-Ice (Forward Stride, Backward Skating, Stops, Starts, Tight Power Skating Turns & Checking)					
10:45 am -11:20 am	Individualized Video Analysis (Computerized Motion Analysis)					
11:20 am - Noon	Lunch					
Noon - 12:40 pm	Off-Ice Shooting	(Wrist, Backhand, Snap and Slap Shots)				
12:40 pm - 1:00 pm	Dressing Room					
1:00 pm - 2:30 pm	On-Ice Puckhandling	(Passing, Shooting, 1 on 1's, 2 on 1's, & Controlled Scrimmages)				
2:45 pm - 3:30 pm	Russian Circuit Training & Recreation (Alternating Daily)					

* All players will be grouped according to age & skill level

Lectures - Rules Test, Sportsmanship, Offensive Attack Plays, Game Preparation

SIHA SPECIAL FEATURES

Off-Ice Shooting iPad Analysis-Our SIHA staff will video analyze each player's shooting technique.



3:30 pm - 4:15 pm

Student Survey Day-Each student will be tested in a series of on and off-ice drills to

be compared to their group and U.S. averages, including radar gun speed check.

Full Supervision - All SIHA students will be fully supervised throughout their camp week.



Shoot-Out Contest- All SIHA students will compete to be their group's shoot-out contest champion (prizes given).

E ARE SIHA AND WE'VE GOT IT ALL

PPLICATION A TOUR SUMMER 2024

Please Complete All Information	All Information. PLEASE PRINT.		
Student's Name:			Height:
Address:			Weight:
City:	State:	Zip:	Birthdate:
E-mail:		(for conf. letter/receipt)	Academy Hockey Posi
Home Phone:	Work Phone:	· · · · · · · · · · · · · · · · · · ·	ForwardDefense_
Health Insurance Company:			Present Hockey Level:
Medical History (medical issues within the past 2 years.)	thin the past 2 years.)		TravelHouseE
			Present Hockey Organ
Doctor's Name:			
Emergency Contact:		Emergency Phone:	

Goalie

my Hockey Position:

eginner

ıt Hockey Organization:

2024 Sport International Locations, Tuition And Dates. Please Mark Your Choice(s) Price \$320.00 \$535.00

City / State	Buffalo, NY	Reston, VA	Buffalo, NY	Hershey, PA	Wooster, OH	Rockville, MD	Buffalo, NY	Buffalo, NY	Rochester, NY		es In Each Individual City.
											lce Pric
Arena / Date	Center Ice Sports Complex - June 3-7	Center Ice Sports Complex - June 10 - 14	Queen City Sportsplex - June 10 - 14	Orange County Sportsplex - June 17 - 21	Rockville Ice Arena - June 17 - 21	Reisterstown Sportsplex - June 24 - 28	Galactic Ice - June 24 - 28	Three Rivers Athletic Complex - July 8 - 12	Rochester Ice Center - July 8 - 12	Rockville Ice Arena - July 15 - 19	*All Tuition Costs Are Based On Ice Prices In Each Individual City.
Price	\$265.00	\$285.00	\$425.00	\$525.00	\$595.00	\$445.00	\$360.00	\$385.00	\$350.00	\$595.00	
City / State	Canton, OH	Canton, OH	Cincinnati, OH	Hillsborough, NC	Rockville, MD	Reisterstown, MD	Altoona, PA	Baldwinsville, NY	Fairport, NY	Rockville, MD	

Alice Noble Ice Arena - July 29 - August 2

Rockville Ice Arena - August 5

Leisure Rinks - August 12

- August 19

\$320.00

SkateQuest of Reston - July 22 - 26

\$320.00 \$375.00 \$395.00 \$595.00 \$320.00

Please Register Me for the Following Extras ADULT: of Method and Amount Large YOUTH: **Choose (circle) Your Jersey**

+ Flash Drive Individual Skill Analysis (\$20.00) + "Big Kid Meal" Lunch (\$60.00): + "Youth Meal" Lunch (\$50.00):

7% Group Discount (7 or more players in a group-must be faxed/mailed together) 5% "Family" Discount (2 or more family members-must be faxed/mailed together)

Additional Brochures Requested for Friends:

of Brochures

Please Mail Me

*NOTE: Fairport and Rochester Students: Add \$10 catering surcharge to your lunch choice.

Lunch program "Big Kid Meal" (\$60.00) Lunch program "Youth Meal" (\$50.00)

*NOTE: Rockville Students: Add \$20 catering surcharge

Exp. Date:

CVV/Security Code:

AVAILABLE DISCOUNTS (Please Mark Your Discount for Gedit)
One Discount Max. Per Transaction 7% Very Early Bird Discount (Tuition must be paid in full by Dec. 31, 2023)

¥

Large

Small

Bird Discount (Full/One Time payment before March 15, 2024)

5% Early Bird Discount (Full/One Time payment before match 10% Multiple City Discount (2 or more chosen weeks)

Drive (Thumb Drive) Individual Professional

Rockville Students Only: Add \$20 catering surcharge to your total.

'NOTE: Fairport and Rochester Students Only: Add \$10 catering surcharge to your total. **Total Payment**

Discover Master Card Ó ☐ Check/ Money Order: Credit Card

	:35	dknowledging that ice hockey is a contact sport, I agree that Sport International Inc., its
	Addres	ce hockey
Holder's Name:	Holder's Billing Address:	cknowledging that i

Credit Card

, whether incurred on the ice or sentatives and assigns and shall Iso give my consent to the Sport ase or damage resulting directly or indirectly from my participation in ice skaing and tie bockey, wil anget, independent and the stage and the language the present early outstanted warrants such equipment as may be used in the conducting of sid program. I also, ered to guarantee/warrants such equipment as may be used in the conducting of sid program. I also, the critical such contacts with to use any pictures & wideos taken during the program for research, instruction and/or advert

Credit Card Holder's Signature:

(50% nonrefundable deposit minimum)

Credit Card #:

Apply Online: siha.com DATE.

ax Application to: (585) 865-1802

Call For More Info: 1-800-724-6658