



The Sport International Hockey Academy is excited to be bringing our 34th year of hockey instruction to 20 U.S. locations this summer!

**OUR 40 HOUR SIHA PROGRAM (8:15 AM (drop-off) - 4:15 PM (pick-up))**

**Player On-Ice Program:** We offer each student 3 hours of daily Power Skating & Puckhandling training including **Power Skating** (Forward Stride, Tight Turns, Backwards Skating and Stops & Starts). **Puckhandling** (Passing, Shooting, 1 on 1's, 2 on 2's, 2 on 1's & Intro to Checking).

**Goalie On-Ice Program:** We offer each Goalie, daily 1 on 1 Goalie Instruction including the following skill emphasis drills; Stance & Angles, The Pad Save, The Glove Save & The Break-Away Save. All goalies will enjoy concentrated instruction from our Goalie Instructor on a daily basis.

**Video Analysis:** All students (players & goalies) will be filmed each day in a different on-ice drill (players & goalies) and will then sit down daily with our Head Instructor to have their skills thoroughly analyzed through the use of our telestrator, instructor audio, split screen comparisons and Pro-Video Comparisons. You may purchase your Personalized Take-Home Flash Drive Analysis (MP4 Computer Transferable Files) for \$20.00. "Clearly Our Best Guarantee For A Quality Hockey Education".

**Off-Ice Conditioning:** Each student will have the opportunity to participate in a series of daily off-ice conditioning exercises to further develop their hockey muscles including; Arm exercises, Leg exercises, Stickhandling exercises, Obstacle Course Challenge (for prizes) & Box Hockey.

**Off-Ice Shooting:** All students will participate in our daily off-ice shooting program, shooting approximately 75 pucks per day with a different shot each day (Wrist Shot, Backhand Shot, Snap Shot & Slap Shot). Our expert staff will also film each player with their shooting technique and professionally analyze their shot through the use of our I-Pad (telestration and slow motion analysis).

**Recreation:** Our program also offers a cool down segment where our staff and students have fun each day with a different recreational activity each day (Road Hockey, Whiffle Ball, Kick Ball, International Hand Ball & Soccer).

**Daily Lectures:** We offer a daily hockey lecture for all students including the following; Sportsmanship & Self Discipline, Game-Tape Analysis (Scrimmage Break-Down), Rules Lecture, NHL Behind The Scenes & Pre-Game Preparation.

**Lunch Program:** We do offer the choice of ordering a lunch package (Pizza, Sub, BBQ burger or hot dog, BBQ Chicken Patties) - all lunches are served with Gatorade, chips, desert and fruit. Our Youth Meal is \$55.00 and our Big Kid Meal is \$65.00.

### **SIHA NEWS & NOTES**

The Sport International Hockey Academy will be conducting our Annual Staff Meeting in Canton, Ohio (June 5 - 9) to properly prepare our staff for an exciting summer of hockey instruction and to ensure that all staff members are thoroughly trained in every aspect of our program. It is very important for us to offer a positive experience to all of our students and we feel that it begins with upbeat and friendly staff, who enjoy working with young hockey players!

**TO VIEW OUR WEB SITE:** <https://siha.com>

**2023 SIHA Brochure (PDF):**

<https://siha.com/Register/images/SIHA%202023%20Summer%20Brochure.pdf>

**2023 SIHA Online Registration:** [https://siha.com/Register/summer\\_registration.php](https://siha.com/Register/summer_registration.php)

**SIHA Hotel Sponsor:** Choice Hotels

We look forward to having you participate in our 2023 Sport International Hockey Academy and our 34th instructional summer. For a hockey camp experience that will be sure to offer the perfect combination of both fun and hard work, please consider SIHA, this summer!

If you should have any questions, please contact our SIHA head office at 1-800-724-6658. We look forward to a great summer, we'll see you soon!

Very Sincerely,  
Bob Baldwin  
President