



# Little Caesars Roller Hockey at Joe Dumars' Fieldhouse

## Summer Roller Hockey Camps

**GREAT TUNE UP FOR THE FALL SEASON !!!!!!!!!!!**

**Monday, August 23<sup>rd</sup> – Thursday, August 26<sup>th</sup>**

**Beginner/Intermediate      ages 7 - 12      10:30am – 2:00pm**

**Advanced/Elite              ages 11-15      12:00pm – 3:30pm**



### **Beginner/Intermediate Camp**

This camp is our house league players that strive to get to the next level. Players should have at least one season in our house leagues. When needed players will be split up by talent level although all the kids will be learning the same fundamentals. Participants will be put through drills to work on proper skating techniques including forwards, backwards, cross-overs, and pivots, as well as passing and shooting. We will also cover some dry land training activities that the new player can use to help them with their hockey game.

Required equipment: Full inline hockey gear along with athletic shoes for off-floor activities.



### **Advanced/Elite Camp**

This camp is for the advanced player that wants to get to the next level. Players should have multiple seasons of experience in open leagues. Drills will be done in a high tempo fashion with game-like situations in mind. Participants will be put through intense drills for power skating, passing, and shooting. This is also a conditioning camp. We will also cover some dry land training as well.

Required equipment: Full inline hockey gear along with athletic shoes for off-floor activities.



### **Daily Schedule**

|                   |            |                                     |
|-------------------|------------|-------------------------------------|
| 10:30am – 12:00pm | Beg/Interm | Skating Techniques and Fundamentals |
| 12:00pm – 1:00pm  | Beg/Interm | Dryland and Lunch*                  |
| 12:00pm – 1:00pm  | Adv/Elite  | Skills Training                     |
| 1:00pm – 2:00pm   | Beg/Interm | Skills Training                     |
| 1:00pm – 2:00pm   | Adv/Elite  | Dryland and Lunch*                  |
| 2:00pm – 3:30pm   | Adv/Elite  | Power Skating and Conditioning      |

\* Dryland will not be an intense workout but will focus on educating young hockey players on things they can be doing to improve their game when not at the rink. There will be some circuit training involved so everyone will need to bring their gym shoes and sweats. Nutritional hand-outs will be provided as well.



### **Instructors**

#### **Dave Zarem**

Dave has played ice hockey and roller hockey his whole life. He has over 25 years of ice and roller coaching experience. As a player he is a 6 time NARCh National champion, a 2 time USA Inline National champion, and a 2 time Adult Tier II USA National champion. Dave is the current head coach of the Detroit Mission Stars Pro roller hockey team and heads up the Stars' youth organization as well.

#### **Matt Koleski**

Matt has played ice and roller hockey for 35 years. He played Division I College Hockey at the University of Alaska Fairbanks (members of the CCHA). He played several seasons professionally for the Alaska Gold Kings, former members of the WCHL. He also spent two seasons playing professionally in Europe. Matt has been coaching ice or roller hockey for over 20 years. He is the current head coach of the Tour Bordercats Pro roller hockey team and heads up the Bordercats youth organization as well.

Additional Instructors may include members of the Detroit Mission Stars and Tour Bordercats Pro roller hockey teams!

Cost    \$179 Advertised    **SPECIAL for current LCRH players just \$129 (goalies pay \$40)**

All roller hockey camps held at Joe Dumars Fieldhouse.  
Contact Matt Koleski or Dave Zarem for more information at [mattk@LCRH.info](mailto:mattk@LCRH.info) or [dznascar29@aol.com](mailto:dznascar29@aol.com)  
Or call 586-731-3080