

Daily Activity Schedule

Skaters will be split by age and ability based on enrollment. Daily activities include but are not limited to:

- Daily Power Skating - full hour session daily
- Stick Handling & Shooting Drills
- Speed and Agility Training - dry land training
- Video
- Game Situations
- Daily Scrimmage
- Small Games & Skills Stations
- Skills Competition (speed, radar and accuracy)

FULL EQUIPMENT IS REQUIRED!

Campers need to pack a lunch or bring money to purchase food at the Penalty Box Café.

IMPORTANT NOTES Registration is limited. A \$15 discount is available for all current **Bowie Hockey Club** members. Late registrations may or may not be accepted depending on the space availability. Late registrations are subject to a \$10 late registration fee.

*Interested **goalies** should contact Carrie Robertson at crobertson@cityofbowie.org. Before and aftercare is not available; however, there will be Stick & Puck and/or Public Skating Sessions following camp every day. Please send money if your skater plans to attend these sessions or set up an account for your player.*

Bowie Ice Arena
C/O City Hall
15901 Excalibur Road
Bowie, MD 20716

Hockey Development Camp

Bowie Ice Arena
Summer 2018



August 6-10
from
8 am-3 pm

Bowie Ice Arena
located in
Allen Pond Park
3330 Northview Dr
Bowie, MD 20716
301-809-3090
www.cityofbowie.org

Hockey Development Camp Coaching Staff

Bowie Ice Arena is proud to announce the coaching staff for the summer Hockey Development Camps. These coaches possess strong hockey knowledge and the desire to bring your skater to the next level of hockey. Bowie Ice Arena reserves the right to change the coaching staff and/or add special guest coaches.

DEAN MELANSON

Coach Melanson is a former NHL player who was drafted by the Buffalo Sabres in 1992. He played for the Rochester Americans prior to playing with the Sabres. He also played for the Washington Capitals during the 2001-02 season. He played over seas and is now retired. He also works as an instructor with Craig Laughlin's Network Hockey Development Program during the summer months helping players continue their development during the off-season. He currently coaches with the Carolina Jr. Hurricanes in North Carolina where he lives with his family.



Pro Ambitions is once again hosting camps at the facility. These camps are run by a private company that rents the facility. For more information or to register visit www.proambitions.com. The Pro Ambitions camps are scheduled for the weeks of July 23 and July 30.

Coaching Staff Continued . .

CLARK MOWREY

Clark played hockey for the Bowie Hockey Club until age 14. He also played for the Little Caps and the Junior Caps until age 18. He went on to play at Ridley College in Ontario. Clark has been instrumental with the Bowie Hockey Club's grass roots program coaching at the Mite recreational and Squirt travel level and helping with the BHC instructional program. During the 2015-16 season, he coached a successful BHC Peewee AA team that finished in 1st Place in the CBHL Peewee National division and advanced to the SE District Tournament in South Carolina. Over the last two seasons Coach Clark has coached with the Washington Little Caps Bantam Minor and Major teams skating out of Kettler Capitals Ice Plex in Virginia. Coach Clark resides in Bowie, MD with his wife and three kids.

DRY-LAND TRAINING

Certified strength and conditioning staff will introduce fun and effective drills to help players learn and improve multi-directional movement skills, multi-directional speed, agility, balance, coordination, rhythm and body awareness. These exercises will promote strength and flexibility and teach players the importance of life long fitness.



Hockey Development Camp 8 am- 3 pm

I would like to register for: \$325 per week (\$310 BHC)

August 6-10

What age division will skater play in during 2018-19:

U8 (Mites) U10 (Squirts)
 U12 (Peewees) U14/U16 (Bantam/Midget)

PREVIOUS TEAM EXPERIENCE IS REQUIRED!

Name	
Address	
E-Mail	
Date of Birth	Phone #

Terms and Conditions: Refunds requested in writing, received 14 days prior to the first day of camp will be processed less a \$25.00 administration fee. As a condition of enrollment, the parent/guardian agrees to indemnify, release and hold harmless the City of Bowie Ice Arena and it's instructors for any injury the skater, his or her children, or guests might receive on the premises, and further agree that this shall be a complete bar to any claim for personal injury.

Check # _____ Cash _____
 Credit Card (Visa, MasterCard, American Express or Discover)

Card Holder's Name	
Credit Card #	Exp. date
Signature	

Mail registration to: Bowie City Hall - 15901 Excalibur Rd, Bowie, MD 20716. To register a goalie contact Derek Rabold at drabold@cityofbowie.org or 301-809-3093. Please make checks payable to: City of Bowie.