

Power Skating I:
June 26th - July 17th
every Mon, Wed, and Thur
McFarland Ice Center

This camp is designed to provide the youth hockey player with the exact skills needed to improve forward stride, backward stride, tight turns, pivots, crossunders, and innovative starting and stopping strategies. All critical techniques necessary in allowing players to get back into play quickly are taught.

About Power Skating I

All students will receive basic instruction on the fundamentals of power skating from experienced staff. Sessions follow a low skater/coach ratio and include personalized video taped analysis on stride performance.

On Ice Techniques Covered

- ◆ Basic skating alignment and balance drills
- ◆ Forward stride - Toe snap and recovery
- ◆ Backward stride
- ◆ Forward/backward crossunders
- ◆ Explosive starts - Carve a "C"
- ◆ Stops and starts - Change of direction
- ◆ Tight turns and pivots
- ◆ Escape moves - Gretzky
- ◆ Agility drills with pucks
- ★ At least one year of hockey experience is necessary to participate in this camp.
- ❖ SESSION I: 6:30 - 7:30 pm Mites/Squirts

Power Skating II:
June 26th - June 30th
Mon, Tue, Wed, and Thur
July 3 - July 7
Mon, Wed, Thur, and Fri
July 10th - July 13th
Mon, Tue, Wed, and Thur
McFarland Ice Center

Rick Fleming's Power Skating II is for the technically sound skater looking to achieve a more powerful, faster and fluent stride. The program consists of 12, 1-hour ice sessions complimented by half hour off-ice plyometric exercises, as well as video stride analysis.

About Power Skating II

The program focuses on resistant and overspeed training using the PST Harness, a self-contained bungee system specifically designed to improve a player's skating technique, endurance, power and foot speed. This camp has proven results. Skaters across the board significantly improved in four different sprints in only weeks! It will make you a stronger, faster, and more efficient skater.

- ❖ SESSION I: Off-Ice/Video~4:15 - 4:45 pm
On Ice ~ 5:00 - 6:15pm

Age Requirements: Pee-pee/Bantam/High School



Mark Parish NY Islanders

"Speed is arguably the most coveted ability in any sport. In the game of hockey speed is dictated by the amount of leg strength one has in a low, bent knee position. The PST Harness is a training tool designed to place the skater into the proper bent knee stride. The PST Harness combined with Rick Fleming and his off-ice strength training program will improve the skating ability of a hockey player at any level!"

~Mike Potenza, M.Ed., C.S.C.S
Strength and Conditioning Coach
University of Wisconsin Hockey

Stickhandling Progression
August 14th - 18th
Mon-Fri
McFarland Ice Center

From my experience, a players favorite! This camp will teach a player what to look for when attacking a defenseman one on one and how to get that goaltender to commit so that the deke is successful. Proper technique of stickhandling will be reviewed, followed by a series of different moves that will leave a defenseman spinning.

- ❖ Monday - Friday ~ 5:15 - 6:30 pm
- ❖ This camp is for the squirt/pee-pee/Bantam player

10th Annual Pre-Season Fundamentals Fall Hockey Camp
September 23rd-24th
Mandt Center in Stoughton

This camp is designed to teach the basic fundamental skills that are essential to a player's success as they progress through hockey. Training will focus on skating, passing, shooting, and stickhandling, plus detailed coverage of proper checking techniques for pee-wees. All lessons are designed appropriately according to age. Due to limited class size, sessions are offered on a first come first serve basis.

Ice-Mites & Mites	ON ICE 9:00-10:00 CLASSROOM 10:15-10:45 ON ICE 11:00-12:00
Squirt/Pee-pee	ON ICE 12:00-2:15 CLASSROOM 1:15-2:15 ON ICE 2:30-4:00
Bantam/High School	ON ICE 1:15-2:15 CLASSROOM 2:30-3:45 ON ICE 4:15-5:45

*Goalies \$25.00

Registration Form

- Power Skating I \$239.00
*Early Bird special \$219.00
 - Power Skating II \$329.00 *Early Bird special \$309.00
 - Stickhandling Progression \$189.00
*Early Bird special \$175.00
 - Fundamentals Camp (At Stoughton) \$75.00 *Early Bird special \$60.00
- *Early Bird Special applies to all summer camp applications received on or before May 22 2006. Fall Camp registrations must be received by September 8 to receive Early Bird Discount.

*Credit Cards Accepted

Individual Lessons available

Please Call (608) 835-7042

- ★ Complete Hockey reserves the right to cancel any session that does not meet minimum enrollment. All payments are non-refundable unless sessions are canceled. There is a \$30 fee for NSF checks.



Registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Age: _____ DOB: ____ / ____ / _____

Level (circle one): Mite / Squirt / Pee Wee

Bantam / High School

In case of emergency, contact:

Home Ph: () _____

Work Ph: () _____

Enclosed is my check for \$ _____

or Charge my VISA MasterCard

Cardholder Name (Print) _____

Card #: _____

Expiration Date: _____

Signature: _____

Credit card registrations
also available by phone

Please Call: (608) 835-7042

In consideration of granting my child permission to participate in Rick Fleming's Complete Hockey Training Camp, the undersigned parent or guardian of said child hereby consents such participation. I hereby discharge Rick Fleming and his staff from all claims, demands, actions, and judgements. I assume all risks and understand that certain risks arise from my child playing hockey. I understand that we are responsible for our own insurance and the facility and Rick Fleming's camp will be held harmless and exempt from all liability for injuries to our child while at camp.
(Complete Hockey, LLC)

Parent Signature: _____

Date: _____

Please Mail Registration
Forms To:
Rick Fleming
612 North Woods Edge Drive
Oregon, WI 53575

Rick Fleming



- ❖ 20+ Years Hockey Instructor at the Youth, High School, College, and Junior Levels
- ❖ Junior "A" Assistant and Head Coach Omaha Lancer (USHL)
- ❖ Associate Head Coach Indianapolis Jr. Ice (NAJHL)
- ❖ Head High School Hockey Coach 13+ Years Experience
- ❖ Worked with some of the finest teachers in hockey. Coach Mark Mazzolenie of the Green Bay Gamblers, Grant Stanbrook of Maine University, the late Shawn Walsh, Former Head Coach of Main University and Two-Time National Coach of the year, NHL Coach Kevin Constantine, and University of Wisconsin Coaches Mike Eaves and Head Coach Troy Ward in the ECHL.
- ❖ NCAA Championship Player and Captain (1989)
- ❖ NCAA Championship Coach (1990)
- ❖ Player at Every Level, Including Semi-Pros
- ❖ Current Wisconsin Scout for the USHL's Green Bay Gamblers

Rick's Philosophy...

"My camps will undoubtedly increase skating performance. Every player will understand the value of being a strong skater and my attention to detail will provide him/her the ability to be a more effective, explosive skater. The benefits gleaned from a three-week camp compared to a week-long condensed version are incredible. With a degree in Physical Education, I have learned that practice and repetition over a period of time is more effective for conditioning, muscle memory and skill advancement."



Rick Fleming
612 North Woods Edge Drive
Oregon, WI 53575
If Any questions, Please Call:
Home Phone: (608) 835-7042
Work Phone: (608) 835-4817

Complete Hockey



Complete Hockey

Begins with being a...

Complete Skater

Complete Hockey with
Rick Fleming

2006 Summer and Fall
Power Skating and Skills
Camps

Visit us at:
www.completehockeytraining.com

Credit Cards Accepted