



"I have been part of the TPH family for many years. They have been a big part of my development both on and off the ice throughout my minor hockey, Junior, and NHL career. I always look forward to working with TPH during the off season, they've always done a great job preparing me for my hockey season ahead."

- Travis Konecny  
Philadelphia Flyers



HIGH PERFORMANCE HOCKEY ACADEMY • POWERED BY

### HIGH PERFORMANCE HOCKEY ACADEMY

The High Performance Hockey Academy will be returning to Sarnia for its fourth year. After seeing tremendous growth in our athletes over the first three years, we are excited to enter our fourth year with another motivated group. The Academy will once again be delivered by Scott Jones (Director of Skill & Player Development for the Sarnia Sting of the OHL and Player Development Consultant for the Vegas Golden Knights of the NHL) and the professional staff of Total Package Hockey.

The HPHA runs from October through to May and offers an opportunity for players to work on their individual skills with professional hockey skill coaches 3 days a week, following a structured curriculum in a fun learning environment. Each day focuses on new skills which cover all areas of the game. Tuesdays are dedicated to skating technique, Wednesdays are positional (fwd/def) and Thursdays will cover shooting and stickhandling. Players will receive two report cards indicating on ice testing times and scored skills, as well as feedback from the coaches on a player's strengths and areas of improvement. Players will also receive two analyzed videos performing certain skills on the ice that coaches will edit, break down and provide feedback on.

#### Sarnia HPHA Benefits:

- 8-month program for Grades 6-8 before school
- Monthly scrimmages to practice new skills
  - Training days in London
- Player and Family feedback & report cards
- Positive and challenging learning environment
- On ice and off ice testing/flexibility screening
  - Personalized payment plans available

If you would like to learn more about the Sarnia HPHA program or register please contact me at your convenience.

Sincerely,

Scott Jones  
Director of Skill & Player Development  
Sarnia Sting OHL / Total Package Hockey  
scott@totalpackagehockey.ca

**TAKE THE TPH BUS ON YOUR NEXT ROAD TRIP CONTACT  
HULL BUS LINES AT 519-882-4875**



"I've had the pleasure to work with Scott Jones with both the Washington Capitals and now The Vegas Golden Knights. He is an incredible teacher of this game, specifically skating and skills. He is as good as anyone I've been around, I completely trust him with our prospects and if I had a son, I would have him work with Scott Jones."

- Wil Nichol  
Director of Player Development  
Vegas Golden Knights

#### OFFICIAL PLAYER DEVELOPMENT CONSULTANTS FOR



Washington Capitals  
(NHL)



Vegas Golden Knights  
(NHL)



Sarnia Sting  
(OHL)



London Knights  
(OHL)

### TOTAL PACKAGE HOCKEY

865 FLORENCE ST  
LONDON, ON  
519-453-8989

WWW.TOTALPACKAGEHOCKEY.CA

## SARNIA AAA/AA TRYOUT PREP

This program has been designed to get players back on their skates and ready for the next seasons try-outs. All players will be challenged through a variety of drills giving them the opportunity to refine and refresh proper skating, shooting and puckhandling skills. Players will also participate in battle drills, 1on1's and 2on1's with the intent of raising their level of compete, although these prep camps don't go into the great detail on technique that most of our camps do we will be correcting players as they go as well as giving them helpful tips on different ways of making themselves noticeable during the tryout process.

**Dates:** Tuesday April 3rd-Thursdays April 5th, 2018

**Times:** Atom 6pm-7pm

Peewee 7pm-8pm

Bantam 8pm-9pm

**Location:** Progressive Auto Sales Arena

**Cost:** \$90+HST



## JULY FULL DAY OVERSPEED SPECIALTY CAMP

TPH is now offering a full day Overspeed Camp for players looking to improve skating technique, adding speed and power to their skating, quick starts, transitioning, picking up speed in motion. Pucks will be added while skating with speed, skating through traffic, changing directions and creating space in order to find options or generating scoring chances. **Players will also receive video analysis of their skating with some valuable feedback on ways to improve.**

This program is great for players looking to add explosive speed and power to their skating.

**Dates:** Monday July 9th- Thursday July 12th, 2018

**Times:** 8:30am-3pm

**Ages:** 2010-2008 birth yr and 2007-2004 birth yr

**Location:** Progressive Auto Sales Arena

**Cost:** \$350 +HST, Early Bird \$320+HST until May 1st

## JULY FULL DAY DEFENCE SPECIALTY CAMP

The TPH Defence Camp will be a full day camp focusing on all aspects of their position. We will focus on skating, quick backward starts, transitioning, gap control, puck retrievals, making first pass, stick position, walking the blue line, shooting, how to play 1-1's, 2-1's, 3-2's and much more. **These defencemen will receive video analysis and some valuable feedback on their technique and ways to improve.** This program is perfect for defencemen looking to better understand how to play their position and pick up some valuable techniques and new tools to help them become a valuable defencemen.

**Dates:** Monday July 2nd -Thursday July 5th, 2018

**Times:** 8:30am-3pm

**Ages:** 2010-2008 birth yr and 2007-2004 birth yr

**Location:** Progressive Auto Sales Arena

**Cost:** \$350 +HST, Early Bird \$320+HST until May 1st

## JULY FULL DAY SHOOTING & STICKHANDLING SPECIALTY CAMP

This full day Shooting/Stick Handling Camp will focus on all aspects of shooting and stick handling. With each skill we will break down proper technique and hand positioning to make your moves smooth and shots powerful and quick. Players will practice new shooting and stick handling techniques in a controlled environment, traffic and game like situations will be added to enhance their ability to choose the correct shot and stick handling move. Video analysis will be used to critique each players shooting technique and add valuable feedback to help improve their shot. This program is perfect for any player looking to enhance their power and accuracy with a variety of shots as well as increasing their ability to control the puck and choosing which moves to use in different situations.

**Dates:** Monday July 23rd- Thursday July 26th, 2018

**Times:** 8:30am-3pm

**Ages:** 2010-2008 birth yr and 2007-2004 birth yr

**Location:** Progressive Auto Sales Arena

**Cost:** \$350 +HST, Early Bird \$320+HST until May 1st

## AUGUST FULL DAY POSITIONAL AND CONTACT CAMP PEEWEE/BANTAM

This full day positional camp will focus on forward and defense specific skills from skating, shooting, passing, positional play, offensive zone and defensive zone play, playing along the boards, face offs, net front play and much more. Hockey is a game of contact no matter what age, we will incorporate body contact when playing under pressure, using your body to create separation, being aware of where players are, protecting the puck. The Bantam players will be instructed on how to give and received a body check, when to use their body, playing safe and much more. This program will also help players create and defend 1-1's, 2-1's, 3-2's, odd man situations and much more. This program is perfect for players looking to get better at their position and understanding how to control the puck and use their body to create opportunities in a game.

**Dates:** Monday August 20th – Friday August 24th, 2018

**Times:** 8am-3pm

**Age Groups:** Peewee/Bantam (2007-2004 birth yr)

**Location:** Progressive Auto Sales Arena

**Cost:** \$375+HST, Early Bird \$345+HST until May 1st

## AUGUST FULL DAY NOVICE/ATOM CAMP

This program is suited for players with more than 3 years of hockey experience. This program challenges players by focusing on all aspects of skating such as quick starts, acceleration, transition turns, edging, cross overs and more along with powerful and efficient skating techniques. Pucks will be added during some power skating sessions in order to apply new skating techniques while controlling the puck. Puck control, advanced stick handling, shooting and passing will also be points of emphasis. All of these learned skills will be reviewed and practiced during small group and full ice drills. Players will also participate in off-ice conditioning sessions, team games, lecture sessions, and afternoon on-ice sessions will incorporate small area games and much, much more.

**Dates:** Monday August 20th – Friday August 24th, 2018

**Times:** 8:20am-3pm

**Age Groups:** Novice/Atom (2011-2008 birth yr)

**Location:** Progressive Auto Sales Arena

**Cost:** \$375+HST, Early Bird \$345+HST until May 1st

## PRE-SEASON HOCKEY FUNDAMENTALS PROGRAM

This program has been designed for the beginner hockey players in their first 1-3 years of hockey looking to fine tune and progress their fundamental skills, balance and agility, edging, skating forward and backward, stopping, cross overs, puck handling, passing, shooting and much more. This program will give players the opportunity to work on their skills in preparation for the upcoming hockey season.

**Dates:** Monday August 20th – Friday August 24th, 2018

**Times:** 3:30pm-4:30pm

**Ages:** 3-8 years

**Location:** Progressive Auto Sales Arena

**Cost:** \$150+HST - any Novice players participating in the full day camp will receive a 10% discount on this program



**Early Bird Special for our FULL DAY Camps until May 1st, 2018.**

**\$100 deposit or Full Payment must be made to keep the early bird price.**

**Discount: If you are signing up siblings or for more than one TPH Summer Camp save \$50.00 off one registration. Please contact before paying to receive discount.**

**To register please visit [www.totalpackagehockey.ca](http://www.totalpackagehockey.ca) or call 519-453-8989**