

HIGH INTENSITY

Mondays, Tuesday & Wednesday
Evenings

May 4 - 7 and May 18 - 21

Levels: 11 and Under; 12 and Over

The High Intensity clinics are conducted in a fast paced environment that focuses on a repetitive sequence of skating and skill drills. Designed to stretch a players abilities and challenge them to push themselves to the next level.

⇒ \$109 per week for or \$189 for both weeks.

PRE-TRYOUT

Mondays, Tuesday & Wednesday
Evenings

May 11 - 14 and June 1 - 4

Levels: 11 and Under; 12 and Over

The Pre-Tryout clinic is a conditioning –based program to prepare players for their upcoming tryouts. An excellent all around skating and skill tune up and final push before the big weekend.

⇒ \$109 per week for or \$189 for both weeks.

HIGH SCHOOL SKATE

Mondays Evenings

Session 1 (5 weeks):

Starts May 18 thru June 22

(no skate on Memorial Day - May 25)

Session 2 (4 weeks):

Starts July 13 thru Aug. 3

This skills and drills format is open to all high school age players for the 2015-16 season. Whether you played High School hockey this past season or hope to play next season, this is a great spring and summer place to keep your skills sharp.

⇒ Session 1 (5 weeks): \$119

⇒ Session 2 (4 weeks): \$ 99

⇒ Both Session 1 and 2: \$189

**TO REGISTER OR FOR MORE INFORMATION, GO TO:
WWW.CALIFORNIACOUGARS.ORG**

HOCKEY X-TRAINING FACILITY

A comprehensive training and performance center for the hockey player. This state-of-the-art facility features a synthetic ice mini-rink, complete with boards and glass, as well as a synthetic ice shooting lane (think golf driving range). The synthetic ice mini-rink activities include bungee power skating, goalie training, and private lessons. In addition to the pro shop and skate sharpening, the facility also includes a variety of other important dry land conditioning equipment such as TRX, free weights, plyometric and other hockey-specific training tools. Check out the video on the web site to see this unique facility in action.

INSTRUCTORS

The S3 Clinics, High Intensity Training, Pre-Tryout Camps, High School sessions and the Adult Clinics will have at least two of the following Coaches at each session:

- Aaron Mullagh
- Chris Hathaway
- Gregg Rodriguez
- Ryan Chu
- Mario Morrisette
- Alex Awuy
- Shane Ricci - Goalie Coach

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