



# HOCKEY UNIVERSITY

**Gain an Education  
In Elite Athletic Training**

**SUMMER 2019**

***On-ice/Off-ice Hockey Skill  
Development Program  
June 3 - August 1***

- **All Inclusive On-ice/Off-ice Program**
- **Professional, Full-time Staff**
- **Skating Treadmill Training**

**hockeyuniversity.com**  
**734-323-3193**

# Instructors



## Carrie Keil

- Master's degree in Exercise Physiology
- 16 years CEO Keil Power Skating
- 1999-2018 USA NTDP Head Skating Trainer
- 37 years private instructor



## Eddie Ameel

- 15 years coaching experience
- Chelsea High School standout, 1999-2002
- Asst. Coach Chelsea Prep 2008-11; 2011 GLPHL Champions
- Skating Treadmill Instructor
- Asst. Coach Chelsea Varsity 2017-current



## Kristina Keil

- Bachelor's degree MSU
- 7 years coaching experience
- Kent Prep School Varsity Hockey 2010-12
- Skating Treadmill Instructor



## Darryl Nelson

- MEd in Physical Education
- Nat'l Athletic Trainers Assoc. A.T., C.
- 2000-Current USA Hockey NTDP Strength & Conditioning Coach



## Brian Sipotz

- B.S. in Exercise Science from Miami University
- 7 years Atlanta Thrashers Organization
- Owner/Coach at Advantage Strength and Conditioning
- Cert. Strength and Cond. Specialist
- Asst. Coach Saline Varsity Hockey



## Zach Willis

- B.S. in Sports Performance
- 5 years coaching experience
- Head Coach Saline Prep Hockey
- Skating Treadmill Instructor



## Hockey U Midget/High School Level

Birth Years: 2001-2004

- Dates:** June 3-Aug 1  
(players may miss up to 2 weeks)
- Focus:** Strong skating skills, agility, Explosive speed, puck skills
- On-Ice:** 1hr 20min on-ice; double session on Mondays  
Heavy repetition full ice & Station to station
- Off-Ice:** Weight lifting; Title Boxing; core/speed work  
Dry-land hockey skills/skating /treadmill
- Days/Times:** Mon/Tues/Thurs Approx. 8:00 AM-1:00 PM  
June 3-13 3:00-6:00 PM
- Cost:** \$1,950

## Hockey U Bantam Level

**Birth Years: 2005-2006**

- Dates:** June 3-Aug 1  
(players may miss up to 2 weeks)
- Focus:** Strong skating skills, agility,  
Explosive speed, puck skills
- On-Ice:** 1hr 20min on-ice; double session on Mondays  
Heavy repetition full ice & Station to station
- Off-Ice:** Weight lifting; Title Boxing; core/speed work  
Dry-land hockey skills/skating /treadmill
- Days/Times:** Mon/Tues/Thurs Approx. 8:00 AM-1:00 PM  
June 3-13 4:00-8:00 PM
- Cost:** \$1,750



## Hockey U PeeWee Level

**Birth Years: 2007-2008**

- Dates:** June 3-Aug 1  
(players may miss up to 2 weeks)
- Focus:** Strong skating skills, agility,  
explosive speed, puck skills
- On-Ice:** 1 hour on-ice; double session on Mondays  
Heavy repetition full ice & station to station
- Off-Ice:** Unweighted strength/agility exercises;  
1 day/week intro to weight training;  
1 day/week AirTime Trampoline athletic workout  
Dry-land hockey skills/skating /treadmill
- Days/Times:** Mon/Tues/Thurs Approx. 8:00 AM-1:00 PM  
June 3-13 4:00-8:00 PM
- Cost:** \$1,550





# Hockey University Summer Enrollment Form

All Programs run *Monday June 3 - Thursday Aug 1*. Participants may miss up to 2 weeks.

**NO MEMBERSHIP REQUIRED**

Name \_\_\_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Parent's Names \_\_\_\_\_

E-mail \_\_\_\_\_ Referred By \_\_\_\_\_

Phone (H) \_\_\_\_\_ (C) \_\_\_\_\_ (W) \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

## I Am Registering For:

- Mite Level Ages 7-8 ('11-'12)**  
**Cost: \$975 (\$475 due with registration)**
- Squirt Level I Ages 9-10 (2 hours/day) ('09-'10)**  
**Cost: \$975 (\$475 due with registration)**
- Squirt Level II Ages 9-10 (3 hours/day) ('09-'10)**  
**Cost: \$1350 (\$550 due with registration)**
- PeeWee Level Ages 11-12 ('07-'08)**  
**Cost: \$1550 (\$550 due with registration)**
- Bantam Level Ages 13-14 ('05-'06)**  
**Cost: \$1750 (\$650 due with registration)**
- Midget/High School Level Ages 15-18 ('01-'04)**  
**Cost: \$1950 (\$750 due with registration)**

## Fall/Winter 2018-2019 Season

House  Travel  AAA  High School

Team \_\_\_\_\_

Coach \_\_\_\_\_

## Spring 2019 Season

House  Travel  AAA  High School

Team \_\_\_\_\_

Coach \_\_\_\_\_

**Media Waiver:** Players who participate in the Hockey University may occasionally be photographed, filmed, or videotaped for coaching education, publicity, or public relations usage. If you do NOT want your child's likeness or image utilized for these purposes, please check the "NO" box. Please check the "YES" box if Hockey University has your permission to use such images for these purposes.

YES, I give permission for video or photographs of my child to be used by Hockey University.

NO, I do not want photographs or video of my child to be used by Hockey University.

\_\_\_\_\_  
*Parent/Guardian Name (Print)*

\_\_\_\_\_  
*Parent/Guardian Signature*

\_\_\_\_\_  
*Player Name (Print)*

\_\_\_\_\_  
*Date*

**Initial payment is non-refundable. Make checks payable to Hockey University.**

**REGISTRATION DEADLINE: May 1, 2019. *Late registrations accepted space permitting.***

Last but not least, the Hockey U programs are rigorous. Only serious players with the desire and determination to achieve their goals should participate. Program instructors have the right to dismiss any player at any time for any reason. Hockey University is confident that participation will "take your game to the next level", and players who are late, lackadaisical, or disruptive will not be allowed to interfere with those players willing to work.

**Mail this completed and signed form with your payment to: Hockey University, P.O. Box 2823, Ann Arbor, Michigan 48106**

**Liability Waiver:** I agree to release Hockey University, Carrie Keil, Darryl Nelson, the Ann Arbor Ice Cube, and all other professional instructors from all claims, actions, causes of actions and damages by the undersigned person for the loss or injury resulting directly or indirectly from the participation of such person in this program. I further agree to indemnify and save harmless such parties from all claims, actions, damages, or demands, including all costs and expenses incurred in defending any such claims or actions. I fully recognize that participation in the sport of ice hockey or strength and conditioning can be hazardous, even dangerous, and can result in minor or serious injury, even death. I have fully read this waiver and I acknowledge a complete understanding of the contents of this waiver.

Signed \_\_\_\_\_ Date \_\_\_\_\_

T-SHIRT JERSEY SIZE		
Youth L	Youth XL	Adult S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Adult M	Adult L	Adult XL
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Birth Years: 2009-2010**

## Hockey U Squirt Level I - 2 Hours/Day

- Dates:** June 3-Aug 1  
(players may miss up to 2 weeks)
- Focus:** Enhancement of skating, stickhandling, and overall functional athleticism.
- On-Ice:** 1 hour on-ice;  
Station to station format
- Off-Ice:** Unweighted strength/agility exercises;  
Dry-land hockey skills
- Days/Times:** Tues/Thurs 8:00-10:00 AM  
June 3-13 7:00-8:50 PM; 6:00-7:50 PM
- Cost:** \$975



**Birth Years: 2011-2012**

## Hockey U Mite Level

- Dates:** June 3-Aug 1  
(players may miss up to 2 weeks)
- Focus:** Enhancement of skating, stickhandling, and overall functional athleticism.
- On-Ice:** 1 hour on-ice;  
Station to station format
- Off-Ice:** Unweighted strength/agility exercises;  
Dry-land hockey skills
- Days/Times:** Tues/Thurs 8:00-10:00 AM  
June 3-13 7:00-8:50 PM; 6:00-7:50 PM
- Cost:** \$975



**Birth Years: 2009-2010**

## Hockey U Squirt Level II - 3 Hours/Day

- Dates:** June 3-Aug 1  
(players may miss up to 2 weeks)
- Focus:** Enhancement of skating, stickhandling, and overall functional athleticism.
- On-Ice:** 1 hour on-ice;  
Station to station format
- Off-Ice:** Unweighted strength/agility exercises;  
1 day/week AirTime Trampoline athletic workout  
Dry-land hockey skills/skating /treadmill
- Days/Times:** Tues/Thurs 8:00-11:00 AM  
June 3-13 5:30-8:30 PM
- Cost:** \$1,350



## Hockey University Goaltending Program

Here at Hockey University, goaltenders will enjoy being treated as equals! Not only will they have specialized on-ice goaltending instruction, but they will also participate in all aspects of the Hockey University Program. They will engage in all of the off-ice training and will be included in the skating sessions with their respective age groups. Mite and Squirt goalies will work with the goalie coach one day/week and will skate with their age groups on Tuesdays/Thursdays. PeeWee, Bantam, and Midget goalies will train with the goalie coach 1 day/week, take shots with their age group 1 day/week, and skate 1-2 days/week with their group. **Space will be limited to 4 goalies per age group**-don't miss out on your chance to be involved in the only 10-week professional goalie training program in the country!



## Hockey U Goalie Program

<b>Dates:</b>	June 3-Aug 1 (players may miss up to 2 weeks)
<b>Focus:</b>	ATHLETICISM and SKATING skills
<b>On-Ice:</b>	Mondays double session-skate and take shots Tuesdays goalie specific training Thursdays skate with own group
<b>Off-Ice:</b>	Participate with own age group; Weight Training/Boxing for HS and Bantams AirTime Trampoline athletic workout for Squirt, PeeWee
<b>Days/Times:</b>	Mon/Tues/Thurs Participate with own age groups June 3-13 4:00-8:00 PM
<b>Cost:</b>	Same as age Level costs (\$975-\$1,950)

Birth Years: 2001-2011

## Personalized Off-Season Elite Training

### A la Carte Training Options

Even though Hockey University provides everything you need to improve during the off-season, we understand that some of you would prefer to pick/choose and create your own training schedule. That's why we offer all aspects of our elite hockey training separately:

**\*On-Ice Private/Semi-Private Instruction-Wed and Fri**

**\*Skating Treadmill Training-Mon thru Sat**

**\*Functional Strength/Weight Training-Mon thru Sat**

Not sure what type of training would help you the most?  
Not sure how often to work out?

For On-Ice Private Lessons information, contact  
John Winkleseth at 734-320-1964 or [jwink29@gmail.com](mailto:jwink29@gmail.com)

For Skating Treadmill information, go to [allnstride.com](http://allnstride.com)  
or contact Carrie at 734-323-3193 or [carrie@allnstride.com](mailto:carrie@allnstride.com)

For Functional Strength/Weight Training information,  
go to [advantagestrength.com](http://advantagestrength.com) or contact  
Brian Sipotz at 734-531-9762

or

Darryl Nelson at 517-795-7206 or [darryln75@yahoo.com](mailto:darryln75@yahoo.com)



Brian Sipotz, Owner Advantage Strength & Conditioning  
Pre-Hockey U Spring Training Session begins in  
early March  
Private and Small Group Strength Training



Darryl Nelson, USA NTDP Strength Coach  
Private and Small Group Strength Training





# Hockey University BIG CHANGES!!!!

We are VERY happy to announce that we have successfully relocated the skating treadmill into the Ann Arbor Ice Cube! YES!!!

In an ongoing effort to offer a complete hockey training program we are doubling our ice time on Mondays, and giving every participant a skating treadmill 5-pack to use anytime over the summer (\$187.50 value!).

We are also offering new athletic training venues- Midget, High School, and Bantam age players will participate 1 day/week in a 1 hour boxing workout at Title Boxing; PeeWee and Squirt II age players will participate 1 day/week in an overall athletic enhancement program at AirTime Trampoline.

We take your suggestions, opinions, and critiques of our program seriously, and we hope that you are excited about all of the new changes.

We think you will enjoy Hockey U more than ever this summer!

## May no skill go unturned!



**Want \$100 off? \$200 off? \$500 off?  
How about participating for **FREE** ?**

That's right! For every **new** player you refer, you get \$100 off your enrollment fee!

Refer 5 friends, that's \$500 off for you! Refer 10 friends, that's \$1000 off!

**NO KIDDING!!!**

**Simply have your friends write in your name on the  
"Referred By" line on the registration form.**

Your account will be credited accordingly!

(Only players who have NEVER participated in Hockey U can be considered "new")

**Experience the Hockey University training system.**

**This method of training provides every player with the  
knowledge and physical skills to succeed at any level.**

***WANT RESULTS?***

***GET RESULTS!***

***Hockey University***

P.O. Box 2823

Ann Arbor, Michigan 48106

**1-734-323-3193**

**hockeyuniversity.com**