

Portland Jr. Hawks

2007 Goalie Development Camp

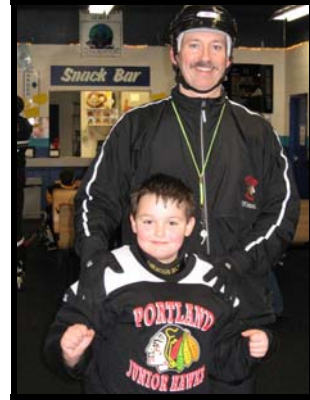
July 30 – August 3 @ Sherwood Ice Arena



**Head Coach
Derek Gustafson**



**Coach Derek stops Jason Spezza
at the 2003 A.H.L. All-Star game.**



**Camp Coordinator
Tom O'Connor & son**

The Portland Jr. Hawks Goalie Development Program is proud to host this quality goalie camp in the Portland area, sponsored by Eagle Hockey. We have done our best to keep the camp affordable and accessible - goalies of all ages and abilities are welcome and will be grouped to maximize learning based on their age, experience, and skill level. Each day we will focus on skating and movement drills before progressing to specific goalie skill drills in small groups. A typical day at the camp:

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|-------------------------|--|
| 8:00-9:00am: | Classroom session |
| 9:00-9:30am: | Get dressed for ice session |
| 9:30-11:30am: | Ice session – skating, movement, and skill drills |
| 11:30am-12:30pm: | Lunch break (bring a light, healthy lunch!), relax |
| 12:30pm-1:30pm: | Off ice goalie specific drills |
| 1:30pm-2:30pm: | Strength and conditioning drills with certified coaches |
| 2:30pm-2:45pm: | Camper pick up |

Camp Cost: \$350 There is a \$50 discount for registered Portland Jr. Hawk goalies. **All** goalies must be registered members of USA Hockey – last season's membership is good through the end of August. Call Camp Coordinator Tom O'Connor if you are unsure about your USA Hockey Registration status.

Coaches: Our coaching staff is led by professional goaltender and Oregon native Derek Gustafson. After outstanding junior and college careers, Derek played in the NHL, AHL, IHL, UHL and recently finished the 2006-07 season by leading the ECHL's Alaska Aces deep into the playoffs. He is a seasoned hockey camp goalie coach, and also is a favorite private-lesson instructor for many local goalies. Derek is considered one of the finest goalie coaches in the Pacific Northwest

Assistant Coach and Camp Coordinator Tom O'Connor is a member of the Portland Jr. Hawks Board of Directors, and also serves as Goalie Development Coordinator and Head Coach for the Mite Youth Division of PJH. Tom played in the New England Division 1 Prep School leagues, followed by a year of junior hockey before military duty took him away from the ice. Though he loves to work with all goalies, Tom has focused on Mite and Squirt age goalies over the last two years. In addition to coaching, he still tends goal in local senior leagues for enjoyment and to keep his coaching approach "real".

Other goalie instructors will be from the ranks of the Portland Jr. Hawks and local college club teams.



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Equipment: Goalies are expected to provide their own set of full, legal equipment and wear it properly. A camp jersey from our sponsor, Eagle Hockey, will be provided. For young goalies unable to completely dress or undress themselves, a parent or guardian is expected to be available prior to and after the ice session to assist in a timely fashion. Goalies must also wear appropriate athletic clothing and shoes for off-ice training.

Insurance/Medical: Each participant must have their own medical insurance and be a registered member of USA Hockey. Any accidents or illness will be treated at the nearest appropriate medical facility. A medical and liability release will be sent with your confirmation packet. It **MUST** be signed by a parent or guardian and brought to registration prior to the first day of camp.

Lodging: This is a day camp. Hotel information is available on the PJH web site.

Confirmation: Will be sent via e-mail when full payment is received.

Information & Questions: Contact Camp Coordinator Tom O'Connor at tomo@canby.com or by phone at 503-263-6789. If you don't know – ask! Also, for information on hockey in the Portland area, the Portland Jr. Hawks web site is www.portlandjrhawks.org.

2007 APPLICATION FORM – PORTLAND JR. HAWKS GOALIE DEVELOPMENT CAMP

Goalie's Name _____ Height _____ Weight _____

Address _____ Current Level of play _____ Date _____

City _____ Years of Experience _____ Amount Enclosed _____

State _____ Zip code _____ Birthdate _____ Age as of Dec. 31, 2007 _____

Phone # (cell) _____ (home) _____ Signature of Parent/Guardian _____

Parent's e-mail address: _____

Jersey size (circle): Adult Sizes: M L XL XXL XXXL

Make check payable to **Portland Jr. Hawks** and mail to:

Tom O'Connor
2007 PJH Goalie Development Camp
1204 S. Redwood St.
Canby, OR 97013



www.portlandjrhawks.org

