



Skating & Shooting **Small Group Program**

Best of Both World Shooting & Skating camps

This new camp will combine 30 minutes of intense Skating with Weezy's Skating Academy & 30 Minutes of intense Shooting & Scoring Techniques and drills with Matt Happala Shooting School. Registration will be on a first come first serve basis

Skating & Shooting Technique - The brain cannot learn when the body moves madly. It needs to assimilate information. It needs first to figure things out and then to transfer signals to the muscles so that the muscles can perform correctly.

Program Details:

- 14- hours on-ice training

Costs: \$795.00per player

Limited to 12 skaters per group

Dates & Times

Dates	Group # 1	Group # 2	Group # 3
May 7th	1:00-2:00 PM	2:15-3:15pm	3:30-4:30pm
May 8th	11:00-12:00 AM	12:15-1:15 PM	1:30-2:30 PM
May 27th	5:15-6:15 PM	6:30-7:30 PM	7:45-8:45 PM
May 28th	4:00 -5:00 PM	5:15-6:15 PM	6:30-7:30 PM
May 29th	8:45 – 9:45 AM	10:00-11:00 AM	11:15-12:15 PM
June 24th	5:15-6:15 PM	6:30-7:30 PM	7:45-8:45 PM
June 25th	4:30-5:30 PM	5:45-6:45 PM	7:00-8:00PM
June 26th	11:00 -12:00 AM	12:15-1:15 PM	1:30-2:30 PM
July 22nd	5:15-6:15 PM	6:30-7:30 PM	7:45-8:45 PM
July 23rd	4:30-5:30 PM	5:45-6:45 PM	7:00-8:00PM
July 24th	8:45-9:45 AM	10:00-11:00 AM	11:15-12:15 PM
August 5th	5:15- 6:15 PM	6:30-7:30 PM	7:45-8:45 PM

August 6th	4:30 -5:30 PM	5:45-6:45 PM	7:00-8:00PM
August 7th	8:45 – 9:45 AM	10:00-11:00 AM	11:15-12:15 PM

Philosophy

The best way to go fast is to first slow down.

In my WSA Skating System we teach each part of a skating maneuver separately. We then combine the parts to create the whole (completed) move. There are dozens of hockey maneuvers. Each maneuver has many parts. For example there are at least 40 parts to the move called, "The Forward Stride". After teaching the parts, we now introduce one other elements, such as the puck. Technique blows up - at least for awhile. The brain must assimilate the added element and transfer this information to the muscles. Now we add another element, such as skating fast with the puck. Technique blows up again. Apply this building block process to all the hockey maneuvers and you'll understand why it takes years to teach and years to master hockey skating..

Weezy's Skating Academy - Roster of Students

Derek Stepan –NHL NY Rangers

Ryan McDounagh – NHL NY Rangers

Dan Sexton – KHL

Jeff Taffe – Swedish League

Justin Faulk- NHL Carolina Hurricanes

Jordan Schroeder – NHL MN Wild

Jonhy Brodzinki – AHL Manchester

Ian McCoshen – Boston College 31st 2013 NHL draft Florida Panthers

John Draeger- MSU 68th pick 2012 NHL draft MN Wild

Zach Stepan- Minnesota State 112th pick 2012 NHL draft Nashville Predators

Michael Brodzinski – U of M – 141st pick in 2013 draft San Jose Sharks

Drew Brevig – Ohio State University

JP LaFontaine – Minnesota State

And many other top end players

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