

Chris Imes -

A Minnesota native, Chris has been living locally and was previously the head coach of the Chicago Steel, a Junior A team that plays in the USHL. Prior to coaching the Steel, Chris was an assistant coach with the Sioux Falls Stampede (2004-05) and the Tri City Storm (2000-01) both teams in the USHL.



Chris is proud of his success coaching and recruiting accomplishments for the Pittsburgh Forge Junior A hockey team. During his tenure there he was the first head coach to take an expansion team to the USA Hockey National Finals. Imes' continued commitment to hockey development is exemplified through his dedication to USA Hockey, where he is on the Board of Directors, Executive Committee, and the Junior council.

Player Accomplishments:

- Standout defenseman for the University of Maine where he was named USA Hockey's "player of the year" in 1995 and was runner up for the Hobey Baker Award. Other notable runner up players that year were Martin St. Louis, Anson Carter, Mike Grier, Brendan Morrison.
- Member of eight USA Hockey teams including the 1994 USA Olympic Team.
- 1993 Florida Panthers draft pick
- Member of IHL's Minnesota Moose

at Center Ice of DuPage
1 N 450 Highland Avenue
Glen Ellyn, IL 60137



**SKILLS TO ACHIEVE
RESULTS**

WEDNESDAYS

**ADVANCING MITES / SQUIRTS / GIRLS
PEE WEE / BANTAM / MIDGET / H.S. / GIRLS
NOVICE / RECREATIONAL
ADULTS**

**INSTRUCTED BY:
CHRIS IMES**

**FORMER
USA OLYMPIAN**

All programs held at Center Ice® of DuPage
1N450 Highland Avenue
Glen Ellyn, IL 60137
(630) 790-9696 ext. 100
Fax 630-790-9696
www.centericeofdupage.com



SKILLS TO ACHIEVE RESULTS

Center Ice® continues its strong commitment to hockey development from youth through adult by introducing the STAR clinics. Chris Imes is well recognized for his teaching ability, experience, and desire to make the game serious, yet fun.

In these twelve week sessions, you will achieve:

- Skating
 - Faster Starts and Stops
 - Longer more complete Strides
 - Quick Directional Changes
 - Increased Power and Speed
- Stickhandling
 - Softer Hands
 - Increased Hand Eye Coordination
 - Expanded Peripheral Vision
 - Same Speed as Without the Puck
 - Hold Full Speed Passes
- Shooting
 - Proper Technique
 - Balance and Weight Transfer
 - Shoot or Pass?
 - Increased Focus and Accuracy

If you are searching for a weekly tune-up, or an in-depth practice and exercise session, the STAR clinic format may be for you. If you are unable to make a complete commitment, consider walking on the date of your choice. Every session is designed to Achieve Results.

S.T.A.R. DEVELOPMENT

Clinics are open to all Travel, Travel "B", Mite, Squirt, Pee Wee, Bantam, Midget, High School players and girls in their respective age division, regardless of organizational affiliation. All Adults are welcome. Walk-ons (based on availability) must complete the attached form and pay at the Center Ice® of DuPage information desk before taking the ice.

Wednesdays

- Session I** **Sep 24 thru Dec 17, 2008**
No class Nov 26
- Session II** **Jan 7 thru Mar 25, 2009**
- Session III** **Apr 1 thru Jun 17, 2009**

Advancing Mite / Squirt / Girls U12
6:10 – 7:30pm

Pee Wee, Bantam, Midget, H.S. / Girls U16
7:40 – 9:10pm

Adult Novice / Recreational
9:20 – 10:50 pm

2008-09 AGE LEVELS

| | | |
|----------------|------------|--------------------|
| Mites | 8 & under | Born 2000 or after |
| Squirt | 10 & under | Born 1998 & 1999 |
| Pee Wee | 12 & under | Born 1996 & 1997 |
| Bantam | 14 & under | Born 1994 & 1995 |
| Midget | 18 & under | Born 1990 - 1993 |

Players not currently registered with USA Hockey must do so prior to their first clinic date.
 This may be done on-line at:
www.usahockeyregistration.com

S.T.A.R. REGISTRATION FORM

PLAYER'S NAME: _____

ADDRESS: _____

E-MAIL: _____

PHONE: (H) _____ (W) _____

PARENT(S) NAME: _____

PLAYER'S DATE OF BIRTH: _____

PLAYER'S 2007/2008 CLUB & TEAM: _____

PARTICIPATING SESSION: _____

PARTICIPATING LEVEL: _____

V/MC _____ EXP _____

SIGNATURE: _____

12 WEEK SESSION \$240.00

Walk-on rate \$25.00

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