



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. If you are searching for a weekly tune-up, or an in-depth practice and exercise session, the S.T.A.R. 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.

An offensive concept is the thought process of a player when his team has the puck. A defensive concept is the thought process of a player when the other team has the puck. On Monday June 22 in class we will talk about the 9 options that a player has on a 2 on 1. We will then do a lot of 2 on 1 drills to put players in the situation that he just saw in class. On Wednesday June 24th in class we will discuss the thought process of a player when he is handling a 2 on 1 against. This is a defensive concept because the other team has the puck. In practice we will be doing many of the same drills, only the emphasis and the teaching part will be on the defensive side of the game.

S.T.A.R. DEVELOPMENT

This S.T.A.R. summer session will be focused more on the offensive and defensive concepts of the game versus the normal STAR clinic being focused on skills.

MITES / SQUIRTS

Classroom 5:45 - 6:00PM
Ice Time 6:10 - 7:30PM

PEE WEE / BANTAM /MIDGET

Classroom 7:15 - 7:30PM
Ice Time 7:40 - 9:10PM

Players should dress, with the exception of skates, prior to classroom

ADULTS

Skills Clinic 9:20 - 10:50PM
WEDNESDAYS ONLY

Offensive

MONDAYS

June 22nd 2 on 1
June 29th 3 on 2 ABC's of Line Rush For
July 6th Cycling The Puck
July 13th Breakouts
July 20th Offensive Zone Play
July 27th Net Front Play w/ Screening Goalie
August 3rd Puck Protection on Wall
August 10th TBD

Defensive

WEDNESDAYS

June 24th 1 on 2's
June 1st Line Rush Against
July 8th Angling / Forechecking
July 15th Defensive Zone Coverage
July 22nd 3 C's of Checking
July 29th 1 on 1's
August 5th Defensive Play on Board
August 12th TBD

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 2008/2009 CLUB & TEAM: _____

PARTICIPATING LEVEL: _____

V/MC _____ EXP _____

SIGNATURE: _____

8 Sessions for \$160.00

All 16 Sessions for \$280.00

Walk-on rate \$25.00

GOALTENDERS ARE FREE



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

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
1N450 Highland Avenue



**2009 SUMMER
OFFENSIVE & DEFENSIVE CLINICS
and ADULT SKILLS**



CONCEPTS & SYSTEMS

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WEDNESDAYS ONLY

INSTRUCTED BY:

CHRIS IMES

FORMER USA OLYMPIAN

All programs held at Center Ice® of DuPage

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