



# ALBURY ICE HOCKEY ASSN

## U16 Hockey Skills Clinic

### 31 May - 2 June 2008 - Lake Tekapo



Time	SAT 31st	SUN 1st	MON 2nd
6 :00			
:30			
7 :00			
:30			
8 :00	7.45 Dynamic Warmup		7.30 Dynamic Warmup
:30	Change		Change for game
9 :00	8.30 On-ice Session 1		8.30 On-ice Session 4
:30	Skating / Movement Puck Control SAGs	9.00 Run 79 Lake Tekapo Mountainbike Pursuit Starts	Game Teams A v B
10 :00	10.00 Alpine Springs and Spa Open for players and parents	10.00 Alpine Springs and Spa Open for players and parents	10.00 Alpine Springs and Spa Open for players and parents
:30			10.30 Wrap up
11 :00			
:30			
12 :00			
:30			
13 :00	13.00 Off-ice Session 1 Dynamic Warmup Agility	13.00 Off-ice Session 2 Dynamic Warmup Hand-eye Coordination	Alpine Springs and Spa Open for players and parents
:30	14.00 Communication	14.00 Power / Strength	
14 :00			
:30			
15 :00	14.45 Classroom Session 1 Fairplay / Respect / Rules Basic Skills DVD	14.45 Classroom Session 2 Equipment Hydration / Nutrition DVD	
:30	16.00	16.00	
16 :00			
:30	7.45 Dynamic Warmup Change	7.45 Dynamic Warmup Change	
17 :00	17.00 On-ice Session 2 Passing / Receiving Shooting SAGS	17.00 On-ice Session 3 Fwds, Def, Goalies Individual Skills Game Situation Drills	
:30			
18 :00	18.30	18.30	
:30			
19 :00	Alpine Springs and Spa Open for players and parents	Alpine Springs and Spa Open for players and parents	Updated 10/5/08
:30			

<b>Budget 1</b>				
<b>Expenditure</b>				
Ice Fees	4	1.5	190.00	1140.00
Coach Travel Expenses	2	1	100.00	200.00
Coach Fees	3	1	150.00	450.00
Admin Expenses	2	1	25.00	50.00
				1840.00
<b>Income</b>				
Registration Fees	25	1	60.00	1500.00
Sponsorship	1	1	190.00	190.00
Sponsorship	1	1	190.00	190.00
				0.00
				1880.00
<b>Income / Expenditure</b>				<b>40.00</b>

<b>Budget 2</b>				
<b>Expenditure</b>				
Ice Fees	4	1.5	190.00	1140.00
Coach Travel Expenses	2	1	100.00	200.00
Coach Fees	3	1	150.00	450.00
Admin Expenses	2	1	25.00	50.00
				1840.00
<b>Income</b>				
Registration Fees	30	1	60.00	1800.00
Sponsorship	1	1	190.00	190.00
Sponsorship	1	1	190.00	190.00
				0.00
				2180.00
<b>Income / Expenditure</b>				<b>340.00</b>

<b>Budget 3</b>				
<b>Expenditure</b>				
Ice Fees	4	1.5	190.00	1140.00
Coach Travel Expenses	2	1	100.00	200.00
Coach Fees	3	1	150.00	450.00
Admin Expenses	2	1	25.00	50.00
				0.00
				1840.00
<b>Income</b>				
Registration Fees	20	1	60.00	1200.00
Sponsorship	1	1	190.00	190.00
Sponsorship	1	1	190.00	190.00
				0.00
				1580.00
<b>Income / Expenditure</b>				<b>-260.00</b>

--	--	--	--	--

Time	SAT 31st	SUN 1st	MON 2nd
7 :00			
:30			
8 :00	7.45 Dynamic Warmup		7.30 Dynamic Warmup
:30	Change		Change for game
9 :00	8.30 On-ice Session 1	9.00 Run 79 Lake Tekapo Mountainbike Pursuit Starts	8.30 On-ice Session 4
:30	Skating / Movement Puck Control SAGs		Game Teams A v B
10 :00	10.00 Alpine Springs and Spa parents	10.00 Alpine Springs and Spa Open for players and parents	10.00 Alpine Springs and Spa Open for players and parents
:30			10.30 Wrap up
11 :00			Alpine Springs and Spa Open for players and parents
:30			
12 :00			
:30			
13 :00	13.00 Off-ice Session 1 Dynamic Warmup Agility Communication	13.00 Off-ice Session 2 Dynamic Warmup Hand-eye Coordination Power / Strength	
:30	14.00	14.00	
14 :00			
:30	14.45 Classroom Session 1	14.45 Classroom Session 2	
15 :00	Fairplay / Respect / Rules Basic Skills DVD	Equipment Hydration / Nutrition DVD	
:30	16.00	16.00	
16 :00			
:30	7.45 Dynamic Warmup Change	7.45 Dynamic Warmup Change	
17 :00	17.00 On-ice Session 2	17.00 On-ice Session 3	
:30	Passing / Receiving Shooting SAGs	Fwds, Def, Goalies Individual Skills Game Situation Drills	
18 :00	18.30	18.30	
:30			
19 :00	Alpine Springs and Spa parents	Alpine Springs and Spa Open for players and parents	
:30			