

ENERGIZED!



2024 FALL HOCKEY SCHOOL

August 18 - September 30

Registration fee is just \$175

Skills Development and Tryout Prep

Located at Rochester Recreation Center

Mites - Squirts - Peewees - Bantams - Girls

Learn from the best! The Rochester Hockey Foundation Fall School will feature 11 hours of on-ice training to provide your player with a strong base to start the season. Qualified hockey skills instructors and staff will lead the way. Great training and an outstanding value! Game On!

Get ready for your upcoming season with the Rochester Hockey Foundation Fall School! This program will get you on the ice and up to speed as you enter your fall tryouts and season start. Experienced coaches will guide you through skills development stations and

- ★ **GAIN THE COMPETITIVE EDGE ON YOUR COMPETITION!**
- ★ **MAXIMIZE SPEED AND QUICKNESS TO GET TO THE PUCK!**
- ★ **LEARN HOW TO SHOOT TO SCORE WITH INSIDER TIPS!**
- ★ **WIN THE PUCK BATTLES AND KEEP THE PUCK ON YOUR STICK!**
- ★ **REGISTRATION LIMITED TO THE FIRST 36 PLAYERS!**
- ★ **FIVE AGE GROUP LEVELS TO CHOOSE FROM!**



SCHOOL SESSIONS & SCHEDULES

Session I: Mite (ages 5-8)

| | | |
|------------|----|-------------|
| August: | 22 | 5:30-6:30pm |
| | 26 | 5:30-6:30pm |
| | 29 | 5:30-6:30pm |
| September: | 9 | 5:30-6:30pm |
| | 12 | 5:30-6:30pm |
| | 16 | 5:30-6:30pm |
| | 19 | 5:30-6:30pm |
| | 23 | 5:30-6:30pm |
| | 26 | 5:30-6:30pm |
| | 30 | 5:30-6:30pm |
| October: | 3 | 5:30-6:30pm |

Session II: Squirt (ages 9-10)

| | | |
|------------|----|-------------|
| August: | 18 | 3:45-4:45pm |
| | 22 | 6:45-7:45pm |
| | 25 | 3:45-4:45pm |
| September: | 29 | 6:45-7:45pm |
| | 5 | 6:45-7:45pm |
| | 8 | 3:45-4:45pm |
| | 12 | 6:45-7:45pm |
| | 15 | 3:45-4:45pm |
| | 19 | 6:45-7:45pm |
| | 22 | 3:45-4:45pm |
| | 26 | 6:45-7:45pm |



Session III: PeeWee & Bantams (ages 11-14)

| | | |
|------------|----|-------------|
| August: | 18 | 5:00-6:00pm |
| | 19 | 8:00-9:00pm |
| | 25 | 5:00-6:00pm |
| | 26 | 8:00-9:00pm |
| September: | 8 | 5:00-6:00pm |
| | 9 | 6:45-7:45pm |
| | 15 | 5:00-6:00pm |
| | 16 | 6:45-7:45pm |
| | 17 | 6:45-7:45pm |
| | 22 | 5:00-6:00pm |
| | 23 | 6:45-7:45pm |

Session IV: Girls (ages 8-14)

| | | |
|------------|----|-------------|
| August: | 18 | 4:30-5:30pm |
| | 21 | 5:30-6:30pm |
| | 25 | 4:30-5:30pm |
| | 27 | 6:45-7:45pm |
| | 28 | 6:45-7:45pm |
| September: | 4 | 5:30-6:30pm |
| | 8 | 4:30-5:30pm |
| | 11 | 5:30-6:30pm |
| | 15 | 4:30-5:30pm |
| | 17 | 5:30-6:30pm |
| | 18 | 5:30-6:30pm |



SCAN TO REGISTER/INFO

Space is limited to the first 36 skaters and 6 goalies per age session. This will fill on a first served basis. Once registered, you will receive by e-mail a confirmation for your camp session. We will work on the ice within your session in groups of 12 and that will be based on age and skill base. Players should bring a white and dark jersey each session and a water bottle.



All registration takes place on-line. Check out the website or scan the QR code to access the registration page - go directly to:

www.rochesterhockeyfoundation.org/fall-registration