

SALA SUMMER HOCKEY CAMPS 2016



Challenge Athletics is an Elite Athletic Training Company and Placement Service. We specialize in all aspects of athlete development and tailor each program to the athlete's needs. We use nutritional guidance, mental visualization, recovery methods, strength and conditioning coaching, along with speed and agility training to enhance skills within. Our staff has over 50 combined years of Elite Hockey knowledge, ranging from Pro Roller Hockey, Junior A Ice Hockey, College Ice Hockey, and Professional Ice Hockey. We strive to bring out the very best in our athletes so they can have more fun producing (overall) during their season. We define ourselves by the motto we stand by. "OUTPERFORM THE REST!"



-Danny Triesler: former Bryn Athyn College Captain, Current forward for Sala HK in the Division 3 Swedish Hockey League

Summer Camps Scheduled: Camp 1 - Beginner & Novice Camp 2 - Advanced & Elite

Camp Cost: Each camp is \$300 per player. Last day for ALL registration and deposits will be July 1st. Upon deposit, you will receive further information (confirmation notice, schedule, etc.)

Camp 1: August 19th- 21st, 8am- 4pm at Commsec Arena, Sala, Sweden

Camp 2: August 26th-28th, 8am- 4pm at Commsec Arena, Sala, Sweden

Camps 1 and 2 Include:

- Apparel: Challenge Athletics Jersey, hat, performance shirt and shorts.
- Services: Mental preparation/visualization training, personalized nutrition and workout programs, mobility testing/training, stretching and recovery methods, guidance for self-evaluation and much more.
- Training will also include quick-hands and stick-handling, shot power and accuracy, speed and agility, at-home skills and drills, puck control, chalk-talk sessions, team building exercises and pre-game preparation techniques. Also, very important, is our hockey traditions and etiquette course taught throughout the week.
- Before the camp weekend is over, there will be 2 scrimmages, 1 camp evaluation game and a fully personalized post-camp player evaluation. We base our team training philosophy around unit functionality. We will be utilizing fun group activities and a team-like atmosphere. *Players are responsible for lodging and transportation to and from camp.*

For more info: Call Danny Triesler 302-943-1764, Challengeathletics@gmail.com, <http://challengeathletics.wix.com/elevateyourself>
Our staff is also available for scheduled or on-call private lessons and training. Contact Danny to make an appointment.

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Challenge Athletics Camp Registration

Name: _____ Phone: _____

Address: _____ City: _____

Zip/Postal Code: _____ Emergency Contact: _____

Emergency Contact Phone: _____ Email: _____

Birth date: ___ / ___ / ___ Height: _____ Weight: _____ Position: _____

Last Team Played For: _____

Size Options:

Jersey Size: S M L XL (CHILD / ADULT) (*please circle options)

Performance Shirt Size: S M L XL (CHILD / ADULT) (*please circle options)

Performance Shorts Size: S M L XL (CHILD / ADULT) (*please circle options)

(to confirm all of this information please state name and sign below)

Parent or Legal Guardian: _____ Parent or Legal Guardian Signature: _____

Participant: _____ Participant Signature: _____

*(*Registration can be Mailed or provided to Danny Triesler in Person)*

Payment Information

(Please choose an option and checkmark your method of payment)

Check payable to Challenge Athletics: _____ Cash: _____

Any mail orders can be sent to:

Danny Triesler Attn: Challenge Athletics

841 S. Boulder Dr.

Prescott, AZ 86303

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