

Nashville Predators Goaltender
Coach Mitch Korn presents

2009 **ST. LOUIS** **SPECIALIZED** **HOCKEY** **PROGRAMS**



**both programs sold out in 2008*

***GOALTENDER**

PROGRAM

July 13-17

- *ages 9-adult*
- *Full day program*
- *none better!*
- *register early*



***DEFENSEMAN**

PROGRAM*

July 13-17...ages 9-14

- *Defensemen need training, too!*
- *3 hours of ice daily*

**WEBSTER GROVES ICE
COMPLEX**

**33 East Glendale
Webster Groves, Mo. 63119**

**for info call Marty
@ (314) 878-5372**

or visit

www.mitchkorn.com



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KORN CAMP... the SPECIALIZED CONCEPT

Back in 1977 Mitch Korn ran his first weekend **Goaltender School** in Buffalo, NY. In between then and now, Mitch and the staff have developed this "specialized" concept. These camps have now grown into the **best in the country**. Other locations include Duluth MN, Cincinnati, Michigan, Nashville, Connecticut, and Buffalo and Newburgh NY. Why not attend a program specially designed by position! In fact, it was Mitch's work in the goalie school that helped him land the job as the Sabres Goalie Coach back in 1991



ABOUT MITCH...

18 years coaching in the NHL

In his 11th season with the **Nashville Predators**, Mitch spent his first 7 years in the NHL as the Goalie Coach for the Buffalo Sabres. His hard work and superb communication skills have gained him the respect and friendship of those he has coached which include Dominik Hasek, Marty Biron, Tomas Vokoun, Olaf Kolzig, Chris Mason, Steve Shields, Ty Conklin, Grant Fuhr (now the Phoenix goalie coach), Clint Malarchuk (now the Columbus goalie coach), Steve McKichan (formerly the Toronto goalie coach), Mike Dunham (now the Islanders goalie coach), Corey Hirsch (now the Toronto goalie coach) and currently Pekka Rinne and Dan Ellis.

Besides his **Predator** responsibility, Mitch doubles as an administrator at Miami University in Oxford, Ohio where he directs the very popular **Miami University Summer Hockey School**. Miami competes in Division I Hockey in the C.C.H.A. Mitch has over 30 years of organizing and running summer hockey programs.

Mitch is on ice for the entire goalie program! Can anyone match his 18 years of coaching and success in the NHL?

ABOUT THE STAFF

A highly qualified and experienced staff will be put together to provide the best instruction and supervision. We guarantee that our staff will be more than just coaches or players . . . they will be teachers! For example:

For the Defense Program:

Norm McCauley: -Designed our Defenseman Program
-former pro defenseman
-30+ years of hockey school experience

Matt Cady: -Ran the Minnesota camp the last 3 summers
-former Division I defenseman
-an athletic staff member at Miami

Josh Mizerek: -Pro defenseman...3rd year with our camp

For the Goaltender Program:

Besides Mitch, we have developed a staff of loyal, highly energetic coaches with most still playing at the junior, college or pro level, including pro goalie and St. Louis native **Mike McKenna**.



WEBSTER ICE COMPLEX

33 East Glendale, Webster Groves, Mo. 63119
Manager: Dave Garth. The beautiful newly renovated Webster Groves Rec. Complex features include a regulation ice surface, excellent dressing room facilities, a snack bar meeting rooms, along with swimming, tennis and volleyball facilities.

ABOUT THE GOALTENDER PROGRAM

THE SCHOOL'S OBJECTIVE

Goaltending is more than just stopping pucks. This unique program will teach and drill the **physical skills** needed such as full and half butterflies, shuffles, stick skills, power pushes, recoveries, transitions, etc., along with the **mental skills** such as save selections, "reading the play," tracking, angles, focus, situational analysis, etc. We provide a **"full-day" experience**.

MITCH KORN'S PHILOSOPHY

There is no substitute for hard work. Mitch works the goalies very hard. But, we also believe in having fun . . . lots of fun. Humor is a major part of the teaching process. In addition, the goalies work together as a "team" or "family" all week long. **Mitch runs all the ice sessions.**

THE SCHOOL'S FORMAT

In order to accomplish our task, the goalies will receive a minimum of 3.75 hours of ice time daily, plus 3.5 hours of supervised off ice activities. Video is taken of the goalies to help teach and reinforce the daily skills.

THE ON ICE PROGRAM

The ice time will be divided into 2 sessions. The 1st session is designed to teach and drill the skills needed. The 2nd consists of "stations" with shooters and lots of pucks to help the goalie "execute" on the skills taught. **Great training tools like low & high shot screen boards, deflection boards, an on ice mirror, a deflection ramp, glove weights, focus enhancers, bungee balls, and mini & white pucks are used.**



OFF ICE PROGRAM

The goalies will have 2 daily off ice sessions which include: video replay, goalie dryland training, uniquely developed NHL highlight dvds to help teach "goalie sense," mental skill development, reading and reacting, how to handle the many game situations, equipment innovations...and more!



AGES, STRUCTURE, AND ENROLLMENT

We will accept ages 9-18, (plus the occasional adult), with the goalies grouped in "teams" by age and ability. All ice work is done as an individual, with a partner, or in a "station" of four. What you do is important, not what the goalies does next to you. Enrollment is limited to 40 goaltenders. Enrollment is first come, first served. This is a commuter program . . . no housing is provided. **Ages are as of December 31, 2009.**

TYPICAL SCHEDULE

"A full day experience"

7:45am	Register on Monday...a "full day" follows
8:30am	Daily Arrival
8:35am	Classroom
10:15am-11:45	On ice training
11:50a	Lunch (bring or buy)
12:30pm-2pm	Off-ice block
2:30pm-4:45pm	On ice station training
4:45pm	Day ends



ABOUT THE DEFENSE PROGRAM

ABOUT PLAYING DEFENSE

Good defensemen are in great demand. Every coach searches for these strong backliners to solidify the team's play in their own zone and to start the offense. Since the advent of Goalie Schools, defensemen have truly been **the most neglected players**. By far, defense is the most difficult position on the ice.

ABOUT THIS PROGRAM

The concept of "position specific" is not unique to summer goaltender schools . . . so why not bring the same concept to playing defense! This program will break the defenseman's job down by zone and by skill to provide the most rewarding on-ice experience possible. The feedback has been **FANTASTIC**.



THIS SCHOOL'S CURRICULUM

Our program will cover the following, and more:

- *defenseman skating skills such as backward pivots, mohawk turns, lateral motions
- *situational coverages (1 on 1, 2 on 1, etc.)
- *point play, shot blocking, pinching, shooting
- *tying up opponents, initiating breakouts
- *checking and angling; reading & reacting . . . and much more

AGES, STRUCTURE, AND ENROLLMENT

We will accept **ages 9-14**. The group is subdivided into 6 "teams" by **age and ability**. All ice work is done as an individual, with a partner, or in a "station." What **you** do is important, not what the player does next to you. Enrollment is limited to 6 defensemen per team. Enrollment is first come, first served. This school is a commuter program . . . no housing is provided. **Ages are as of December 31, 2009.**

THIS ON ICE PROGRAM

The participants will have two ice sessions daily totaling 3 hours, all geared toward defensemen and the skills they need to succeed.



OFF ICE PROGRAM

Each day the defensemen will have a classroom session. In addition, we will use specifically designed NHL highlight videos to help teach "**hockey sense**", "**reading and reacting**", and **defense skills such as breakouts, pinching, hinging, etc.**

PROGRAM SCHEDULE (Mon.-Fri.)

***The full program begins on Monday*

7:30 am Monday registration, orientation and then the day begins

- 8am Daily Arrival
- 8:30-10am On Ice
- 10:10-10:40 Snack/Break*
- 10:40-11:40 Classroom
- Noon-1:30pm On Ice
- 1:30pm Day Ends

**snack bar open*



FOR BOTH PROGRAMS

THE SCHOOL'S LOCAL COORDINATOR... MARTY ABITZ

A St Louis native, Marty has been involved in youth hockey for many years. Marty will handle all the marketing, details of putting on great schools, and will be available to answer all questions

CONFIRMATION MAILING and REGISTRATION

Shortly after our receipt of your application and deposit, you will receive an acceptance statement with an explanation on how to **access our website to print final detailed information on the program selected, and a medical form.**

Registration for the Goaltender Program will be **Monday** morning, July 13 at 7:45am, followed by the full day's program.

Registration for the Defense Program will be **Monday** morning, July 13 at 7:30am, followed by the full program.

All specifics for both programs will be in the info printed off our web site.

MEDICAL INSURANCE

EACH PARTICIPANT MUST HAVE THEIR OWN MEDICAL INSURANCE.

Neither Mitch Korn nor anyone associated with Mitch Korn's Specialized Camps, Inc. will be responsible for any medical or dental insurance. Any accidents or illness will be treated at a hospital near the ice facility. Our medical form is available on our site for participants to print. A medical and liability release statement is included on this form. It must be signed by a parent and **brought** to registration.



COST/DEPOSIT/REFUND POLICY

The cost for each program is as follows:

Goaltender School: \$495 Defense School: \$350

A **non-refundable deposit of \$75 for the Goaltender Program, and \$50 for the Defense Program** is charged and should be sent with the application. The balance of payment for all programs is due by **MAY 1, 2009**. The complete refund/payment procedure will be part of the information you will print from the website. Full payment must accompany any new apps received after May 1, should space be available.



EQUIPMENT NEEDED

All players must supply and properly wear their own, full, legal equipment. A camp jersey sponsored by **REEBOK** will be provided. All players should be able to dress themselves for the ice. Parental assistance is permissible outside the locker rooms. Individual water bottles are optional.

FOR MORE INFORMATION

if you have questions, feel free to call:

Marty Abitz...locally...(314) 878-5372

Mitch Korn...(513) 226-4332 (cell)

Other Defense or Goaltender Schools are offered around the country

Check out www.mitchkorn.com

2009 MITCH KORN'S SPECIALIZED HOCKEY CAMPS at the WEBSTER GROVES ICE COMPLEX
APPLICATION

Player's Name _____ Phone # (cell) _____ (home) _____
Address _____ Height _____ Weight _____ Level Played (A, AA, etc.) _____
City _____ State _____ Zip _____ Birthdate _____ Age as of Dec. 31, 2009 _____

SELECT YOUR PROGRAM CHOICE (please circle program)

DEFENSE PROGRAM - July 13-17

OR

GOALTENDER PROGRAM - July 13-17

Jersey size (circle): Adult Sizes: M L XL XXL (a choice for goalies only)

Player's position: _____

Make check payable to: Mitch Korn's Specialized Hockey Camps, Inc.

Parent's e-mail address _____

and mail to: **Korn Camp**

Date: _____ Amount Enclosed _____

St. Louis Specialized Hockey Camps
PO Box 190 Oxford, Ohio 45056

-----**please cut/tear here**-----