

WHAT

Geoff Killing (Lead Instructor - On Ice)

- Played five years in the OHL with the Belleville Bulls (Assistant Captain) and five years in the CIS with the Western Mustangs (Assistant Captain)
- Nominated Best Defensive Defensemen in the Eastern Conference OHL Coaches Pole (07-08)
- Most Dedicated Player and Best Defenseman Award for the Belleville Bulls (07-08)
- OUA 1st Team All-star Award (09-10)
- Represented Team Canada at the World University Games in Erzurum, Turkey, bringing home a bronze medal (2011)
- Tavistock Royals (2013 Present)

Joined by....

- Various members of the local Tavistock Royals will be joining Geoff to provide this years on and off-ice development.
- Off-ice workout and conditioning program will be provided by Rich Wigmore's (3 years Tavistock Royals Goalie) personal training company, RT Health Company.

www.facebook.com/rthealthcompany





SKATING

- Efficient stride mechanics to allow for maximum power formation
- Forwards and backwards edge development
- Pivoting and lateral movement

SKILL DEVELOPMENT

- Building stick handling skills and confidence with the puck
- Deceptive maneuvers, while maintaining upright head and awareness of others on the ice
- Shot development both on the move and stationary

OFF-ICE DEVELOPMENT

 Pre-season conditioning and hockey specific speed, agility and power exercises will be taught

BRINGING IT ALL TOGETHER

- Integrating skating and skill development into game like situations
- Defenseman Gap control and angling tactics
- Forwards offensive maneuvers to deceive defensive players and gain space on ice

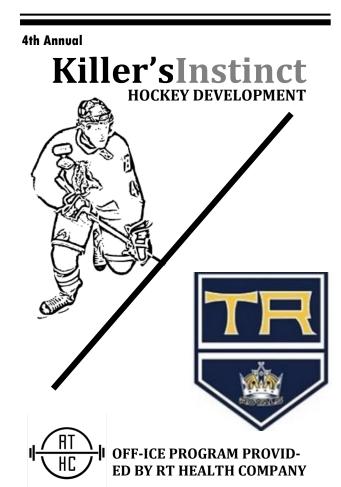
Killer's Instinct HOCKEY DEVELOPMENT

SKATING

SKILL DEVELOPMENT

OFF ICE HOCKEY SPECIFIC TRAINING

BRINGING IT ALL TOGETHER





TAVISTOCK

WHY

WHEN AND WHERE

For the first year, Killer's Instinct Hockey Development has teamed up with the Tavistock Royals Senior AA hockey club to run this years hockey development camp. Joining Geoff will be members of the Royals to provide instruction and tips on key success factors and learning points that allowed them to succeed in their hockey career.

The goal of the camp is to provide the highest quality skating, skills, and (new this year) office development. We will break down movements, techniques and skills into small, absorbable chunks that provides a quick and sustainable development process.

August 2017								
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
		I	2	3	4	5		
6	7	8	9	10	П	12		
13	14	15	16	17	18	19		
20	21	22	23	24	25	26		
27	28	29	30	31				

Age Group	Training	Dates		
		August 15, 17, & 18	August 22, 23, & 25	
Entering Minor or Major	Off-Ice	4:45 - 5:45	6:15 - 7:15	
Atom	On-Ice	6:00 - 7:00	5:00 - 6:00	
Entering Minor or Major	Off-Ice	5:45 - 6:45	7:15-8:15	
Peewee	On-Ice	7:00 - 8:00	6:00 - 7:00	
Entering Minor or Major	Off-Ice	6:45 - 7:45	8:15 - 9:15	
Bantam	On-Ice	8:00-9:00	7:00 - 8:00	

Tavistock and District Recreation Center

*Please arrive 15 minutes prior to the all off-ice sessions and meet at front doors of arena.

**Arrive 30 minutes prior on first day to check





6 hours of on ice hockey development 6 hours of premium dryland training \$205





HOW

Please complete the following information.
Registration will close July 30th, 2017.
Please make cheques payable to
Geoff Killing.

Name:			
Address:			
City:			
Postal Code:			
Date of Birth (D/M/Y):			
Home Phone:			
Cell Phone:			
Email:			
Level for upcoming hockey season (201	L7-		
2018):			
☐ Minor Atom ☐ Forward			
☐ Major Atom ☐ Defensen	nan		
☐ Minor Peewee			
☐ Major Peewee Referred by:	Referred by:		
☐ Minor Bantam			
☐ Major Bantam			
Mail registration and payment to	:		
Geoff Killing 476198 Zorra/East Zorra Tavistock	Line		

Geoff Killing
Cell: (226)-228-1375
Email: gkilling8@gmail.com

RR#5

Embro, ON NOJ 1J0