

**\$850.**

\$750 per Player for  
Multi-Player families.

**Dallas  
Penguins**

## DJHA Announces the best **SPRING DEVELOPMENT CAMP** in the Metroplex!

### **Our Mission**

The 2008 Dallas Penguins Spring Training Camp will be the most effective and cost efficient spring training available in Texas for A/AA/AAA players. We welcome players from all associations to come maximize their spring training experience with us.

Our 2008 Camp has been enhanced and refined to bring the best training to our players. Sessions will be run by our Director of Hockey Eric Silverman with assistance from the DJHA coaching staff. As a co-founder of the Attack Spring Training Camp, Eric is very experienced in training and developing players of all ages both on and off the ice. This program has been proven very successful in helping players of all ages and skill levels make tremendous gains in skill level and athleticism during the spring.

With DFW tryouts taking place in June it is vital that players prepare themselves by increasing their on ice skill level, building athleticism, and developing their mind to learn and understand the game better. Our Spring Camp will prepare players to be at their best for tryouts.

Purpose and success of this camp is centered on individual hockey specific skill development and hockey sense. The camp uses a system of training that has been developed from years of experience at the youth, junior, college, and professional level. We use proven training techniques on and off the ice that are designed to identify players' weaknesses and enhance performance.

### **Mite (2000-01 birth years)**

Monday's and Wednesday's

Ice – 6:30pm – 7:45, Dryland 7:45pm – 8:30

### **Squirt (1998-99 birth years)**

Tuesday's and Thursday's

Ice – 6:30pm – 7:45, Dryland 7:45pm – 8:30

### **Pee Wee (1996-97 birth years)**

Thursday's – Ice 8:00 – 9:15, Dryland 9:15 – 10:00

Saturday's – Ice 1:30 – 2:45, Dryland 2:45 – 3:30

### **Bantam (1994-95 birth years)**

Tuesday's – Ice 8:00 – 9:15, Dryland 9:15 – 10:00

Saturday's – Ice 3:00 – 4:15, Dryland 4:15 – 5:00

### **Midget (1990-93 birth years)**

Monday's and Wednesday's

Ice 8:00 – 9:15, Dryland 9:15 – 10:00

### **Camp Dates: 04/19/08 – 06/09/08**

- Two sessions a week
- 1.25 Hours on ice per session.
- 45 Minutes Off Ice Training per Session.
- 8 Weeks of Training.
- Free Tryouts to all Campers!



To Register:  
Go to [WWW.DJHA.COM](http://WWW.DJHA.COM) And  
Click on the Camp Registration link to  
reserve your spot in the camp as space  
limited!

