

## **DAILY SCHEDULE**

Players attending the Western Mass Hockey School will be split into two groups - Group 1 (Ages 7-10) and Group 2 (Ages 11-15). The daily schedule for each group is listed below. Players should bring their own snack/lunch – there will be time for players to eat before the 2<sup>nd</sup> ice session each day.

### **Group 1 Ages 7-10**

#### ***Daily Schedule (Monday to Thursday)***

8:00am - 9:15am ON ICE INSTRUCTION  
9:30am - 10:30am OFF ICE TRAINING  
11:00am - 12:15pm ON ICE INSTRUCTION  
12:30pm DISMISSAL

**Group 1 will have a full ice game on Thursday from 11:00am to 12:15pm**

### **Group 2 Ages 11-15**

#### ***Daily Schedule (Monday to Thursday)***

9:30am - 10:45am ON ICE INSTRUCTION  
11:00am - 12:00pm OFF ICE TRAINING  
12:30pm – 1:45pm ON ICE INSTRUCTION  
2:00pm DISMISSAL

**Group 2 will have a full ice game on Thursday from 12:30pm to 1:45pm**

**Sponsored by**

***NEW ENGLAND  
HOCKEY FACTORY***

This camp must comply with regulations of the Massachusetts Department of Public Health and be licensed by the local board of health.

# ***WESTERN***

# ***MASS***

# ***HOCKEY***

# ***SCHOOL***



**AUGUST 6 – 9, 2018**

**AGES 7 to 15**

**FOUR DAYS OF HOCKEY INSTRUCTION  
WITH AN EXPERIENCED STAFF FROM  
COLLEGE HOCKEY AND THE NHL**

**AT**

**OLYMPIA ICE CENTER**

**West Springfield, MA**

**Website – [nehf.net](http://nehf.net)**

**2018**  
**WESTERN MASSACHUSETTS**  
**HOCKEY SCHOOL**  
—Application Form—

Player Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Home Telephone \_\_\_\_\_

Day Telephone \_\_\_\_\_

Email Address \_\_\_\_\_

Birthdate \_\_\_\_\_ Next Level of Hockey \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_

Position:

- Forward Jersey Size \_\_\_\_\_  
 Defense  
 Goaltender Years of Hockey \_\_\_\_\_

Team: \_\_\_\_\_

**Signature of Parent/Guardian who agrees with terms and conditions outlined in this brochure.**

\_\_\_\_\_  
(Parent Signature)

\_\_\_\_\_  
(Print Parent Name)

Payment Method (please check one):

- Visa  
 MasterCard  
 Check Enclosed (*Made payable to Western Mass Hockey School*)

Card Number: \_\_\_\_\_

Exp. Date: \_\_\_\_\_

\_\_\_\_\_  
(Cardholder Signature)

Amount to be charged to credit card: \$ \_\_\_\_\_

Amount Enclosed (payment by check): \$ \_\_\_\_\_

**Mail completed application and payment to:**

**Western Mass Hockey School**  
**P.O. Box 221**  
**Sunderland, MA 01375**

**WESTERN MASS HOCKEY SCHOOL**

The Western Mass Hockey School, now in our 18<sup>th</sup> year, welcomes hockey players of all abilities, ages 7 to 15. The primary focus of our hockey school is on speed and skill development with an emphasis on three main goals. *The first is that hockey has to be fun. The second goal is to maximize the individual potential of each player through well founded scientific, physiological, and psychological precepts. The third goal is to encourage respect for others - without which there can be no success.* All on ice and off ice curriculums are professionally prepared and designed to elevate the play of each participant.

**DAILY PROGRAM**

- **2.5 HOURS OF ON ICE INSTRUCTION**
- **POWER SKATING - EDGE CONTROL & BALANCE**
- **SKILL STATIONS**
- **TIGHT AREA & CROSS ICE GAMES**
- **OFF ICE ATHLETIC TRAINING**
- **1:8 COACH TO PLAYER RATIO**

**GENERAL INFORMATION**

Players will receive a Western Mass Hockey School jersey at check in. Players should bring a snack/lunch each day. Confirmation of enrollment will be emailed to you once we receive your completed application form. For further information, please visit our website [nehf.net](http://nehf.net) or call **413-687-2607**. You can also email us at [quesnelle@nehf.net](mailto:quesnelle@nehf.net).

**FACILITIES**

The Western Mass Hockey School is held at Olympia Ice Center in West Springfield, MA. The OFF ICE ATHLETIC TRAINING program includes stretching, agility, balance and core strength exercises for hockey players.

**MEDICAL INFORMATION**

All players must have their own health insurance. A Medical Form and Waiver will be emailed to you upon receipt of your completed hockey school application form.

**TUITION - \$275.00**

We request that completed applications be accompanied by payment in full or a \$100.00 deposit with the remainder of the tuition due by July 1st. Family discount rate is \$250 per player. Please make checks payable to **Western Mass Hockey School**. Our address is **P.O. Box 221, Sunderland, MA 01375**.

*Requests for cancellation must be made by contacting us at 413-687-2607. All monies paid, with the exception of a \$50 administrative fee, will be refunded if the request is made at least two weeks prior to the start of our hockey school. There will be no refunds for requests received within two weeks of the start of our hockey school unless the request is accompanied by a documented medical reason. A \$20 surcharge will be applied for returned checks.*

**WESTERN MASS HOCKEY SCHOOL STAFF**

**LEAD INSTRUCTORS**

**LEN QUESNELLE**

**Assistant Coach, Boston University**  
**Director, Western Mass Hockey School**  
**Director, Preseason Position Clinic**

- Scout, Detroit Red Wings (2013-2017)
- Asst. Coach, University of Massachusetts (2004-2013)
- Scout, Canadian National Men's Team (2004)
- Head Coach, Princeton University (2000-2004)
- Asst. Coach, Princeton University (1988-2000)
- Asst. Coach, Team USA, North American College Hockey Championship Series (1999)

**RED GENDRON**

**Head Coach, University of Maine**

- Associate Head Coach, Yale University (2011-2013)  
- NCAA Champions (2013)
- Asst. Coach, University of Massachusetts (2005-2011)
- Head Coach, Albany River Rats – AHL (2002-2004)
- Scout, New Jersey Devils (2000-2002)
- Asst. Coach, New Jersey Devils (1994-1996)  
- Stanley Cup Champions (1995)
- Asst. Coach, University of Maine (1991-1994)  
- NCAA Champions (1993)
- Asst. Coach, USA World Jr Team (1993, 2001, 2002)

**BLAISE MACDONALD**

**Head Coach, Colby College**

- Asst. Coach, University of Massachusetts (2011-12)
- Head Coach, UMass Lowell (2001-2011)
- Head Coach, Niagara University (1996-2001)
- Associate Head Coach, Boston University (1990-1996)  
- NCAA Champions (1995)
- Asst. Coach, UMass Lowell (1988-1990)
- Asst. Coach, Princeton University (1987-88)
- Asst. Coach, Dartmouth College (1985-1987)

**CHRIS HALL**

**Assistant Coach, Colby College**

- Grad Asst., University of Massachusetts (2010-2012)
- Goalie Coach, Amherst College (2010-2012)
- Student Asst. Coach, University of Notre Dame(2005-10)
- Goalie Coach, Preseason Position Clinic (2011-present)
- Coach, Minnesota Hockey Camps (2009-2013)

**HOCKEY SCHOOL COACHES**

- Current and former college hockey players from western MA and New England will serve as on and off ice coaches throughout our hockey school.