

# SUMMER BOOT CAMP



# 2022

## We are excited to announce that our Dryland Hockey Summer Boot Camp is open for enrollment!

Summer Boot Camp is for serious players looking for a complete Summer Off-ice Hockey Training Program. The course is segmented into three essential segments for ice hockey players which include (1) stick handling, passing and shooting, (2) strength and conditioning, and (3) developing mental toughness.

We are proud to have Mike Lazazzera as our Head Coach. Coach Laz currently coaches an elite team in the EHL and formally coached in the NHL and AHL. Mike also currently scouts for the NHL. Our staff of coaches have experience coaching and/or playing at professional levels. Our personal trainers are experts at working with high level athletes and have focused exercises specific to hockey.

This program will run Tuesday mornings from 9am to noon starting on June 28th. Please email [DrylandHockeyTraining@gmail.com](mailto:DrylandHockeyTraining@gmail.com) for any questions.

**The program will run for 6 weeks.  
Space is limited, so please don't wait!**

**Signup Today!**

[DrylandHockeyTraining.com](http://DrylandHockeyTraining.com)

Email us at [DrylandHockeyTraining@gmail.com](mailto:DrylandHockeyTraining@gmail.com)

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