

# VSK MINI CAMP



**POWERSKATING  
SHOOTING  
PUCK CONTROL**

**JULY 29<sup>TH</sup> – AUGUST 2<sup>ND</sup>**

**ProSkate**

## Camp Schedule

### Mon/Wed/Fri

8:30am – Drop Off

8:45 to 10:15 – Off Ice

10:30 to 11:45 – On Ice

12:00 to 1:15 – Lunch

1:30 to 2:45 – On Ice

3:00 – Pick Up

### Tue/Thur

8:30am – Drop Off

8:45 to 10:15 – Off Ice

10:30 to 11:45 – On Ice

12:00 to 1:00 – Lunch

1:15 to 1:45 – Off Ice

2:15 to 3:30 – On Ice

3:45 – Pick Up

**\* Travel Level Players Only \***



### **Coach Vlad Kouroedov**

Playing since age 5 in Siberia, Coach Vlad's experience on the ice lead him to play for the Russian Junior League and later the Soviet Elite League for Spartak Moscow. Vlad also played in the UHL and ECHL professional leagues. Coach Vlad's coaching career includes training several current NHL, Junior and NCAA players. Vlad has over 15 years of youth hockey experience and is the Director for the VSK Wings Elite AAA/AA Spring Hockey Program. Coach Vlad is a gifted teacher who works well with players of all ages. He believes in making his players develop a true commitment to the sport of ice hockey. His emphasis on powerskating technique produces vast improvement.

**\$450 for non-Stars players  
\$400 for Stars players**

All players are required to bring sneakers and exercise clothes for off ice training sessions.

Players may either bring their own lunch or purchase lunch from Tony Loco's Concession Stand.

Water and Gatorade will be provided.

For more information contact:

**Coach Vlad Kouroedov**

Email: [vskwings@yahoo.com](mailto:vskwings@yahoo.com)

Website: [vskwings.com](http://vskwings.com)

ProSkate Ice Arena

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