

Meet the Coaches!

Vladi Kouroedov

Playing since age 5 in Siberia, Coach Vladi's experience on the ice lead him to play for the Russian Junior League and later the Soviet Elite League for Spartak Moscow. After his move to North America, Vladi continued his ice hockey career in the EJHL with Applecore and also had the pleasure of playing with the Daytona Breakers in the now defunct CHL as part of the training camp squad. He also played with the Knoxville Speed in the UHL and ended with the Jacksonville Lizard Kings in the ECHL.



Coach Vladi has experience as an assistant coach and power skating instructor for the EPHL with the NJ RockHoppers, who won 1st place in 2008. Another significant triumph from Coach Vladi's coaching career includes an appearance at the national tournament with U16AA and U18AA teams. His emphasis on power skating technique has shown vast improvements in the players he helps develop. Vladi is a level 4 USA Hockey coach and serves as the director and head coach of the VSK Wings Hockey League.

Slava Kouroedov



Coach Slava began his hockey career playing in the Russian Junior League and continued his career as a member of the Spartak Russian Team and the Kedr Tomsk Russian Team. Upon his arrival in the U.S.A. Coach Slava played with NY Applecore's college development team in the EJHL and later played in the UHL with the Knoxville Speed.

A level 4 USA Hockey coach with four years of experience in coaching youth hockey, Slava believes there is no substitute for a hard work ethic on the ice.

Sergei Starikov

Two time Olympic gold medalist with the Russian National Hockey Team in 1984 and 1988, Sergei Starikov also briefly played in the NHL with the New Jersey Devils before returning to the KHL as an assistant coach for the SIBIR, Dynamo, and Barys teams. Sergei previously coached the Verona High School hockey team, and currently is the head coach for the South Brunswick High School varsity team.



Tournament Information

Pre-Memorial Day Tournament

The Patriot Ice Center, DE
May 17-19 2019
Squirt, Pee wee, Bantam,
Midgets U16 and U18
A/AA

VSK Spring Cup PROSKATE

May 25th – May 27th

Mites, Squirts, Pee wee, Bantam
Level A/AA

OCEAN STATE LOBSTERFEST

Smithfield, RI

May 31st – June 2nd

Squirts, Pee wee, Bantam and
Midgets level A/AA.

VSK Cup PROSKATE

June 7th -9th

Midget U16, Midget U18
A/AA

Any questions please contact
Nikkivskwings@gmail.com

ProSkate



VSK Wings Elite 2019 Spring Hockey Training

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Monmouth Junction, NJ 08852
Phone: 732.940.6400
www.proskatenj.com
www.vskwings.com

For more information, contact
Nikkivskwings@gmail.com

Evaluations

Evaluations will take place March 30th. The cost will be \$15 per player. The evaluation will be set up as a game vs another organization at ProSkate. The schedule will be out 2 weeks prior to the evaluation. You must register for evaluations when you sign up for VSK.

VSK Spring Cup is included in your tuition for VSK!

One Jersey and socks are included in fee. Additional jersey will be needed for tournaments. Second Jersey will be \$20 without name \$25 with name.

All participating players are required to have a valid 2019-2020 USA Hockey Registration.



Spring Training Season Schedule

April 22nd – June 28th

Mites ('11 – '12)

\$675

Monday 6-7PM / Fri. 5:30-6:30PM

Squirt ('09 – '10)

\$775

Mon. 7-8PM / Wed. 5:45-6:45PM / Fri. 5:30-6:30PM

Peewee ('08)

\$775

Tue 5:45-6:45PM / Wed 7:00-8:00PM / Fri 5:15 – 6:15PM

Peewee ('07)

\$775

Tue. 6:45-7:45PM / Wed. 8:15-9:15PM / Fri. 5:15-6:15PM

Bantam ('05-'06)

\$875

Mon 8:15-9:15PM / Thu 6:45-7:45PM / Fri 6:30-7:30PM

U-16 Midget ('03 – '04)

\$975

Tue. 7-8PM / Thu. 7-8PM / Fri. 6:45-7:45PM

U-18 Midget Level ('01 – '02)

\$975

Tue. 8:15-9:15PM / Thu. 8:15-9:15PM / Fri. 7:45-8:45PM

Goalies

\$350

Mite/Squirt/Peewee: Monday 5:15-6:15PM

Bantam/Midget: Monday 6:30-7:45PM

Goalie Training will be run by Z Tending

Additional VSK Programs

March Pre-Tryout Clinics

Elite clinics are designed for all players to sharpen their skills prior to tryouts. Professional instruction provided by coaches Slava, Vladi, and Sergei. Players will work on fundamental powerskating, stick-handling, puck control and shooting.

Clinic Schedule

Mites, Squirts, Peewees
Weeks of 3/11, 3/18, 4/1, 4/8, 4/15
Tier 2 tryouts 3/25- No Clinic

Mites (\$60/week)

Squirts (\$90/week)

Peewee (\$90/week)

Clinic Schedule

Bantam and Midgets
Weeks of 3/11, 3/18, 3/25, 4/1, 4/8
Tier 2 Tryouts 4/16- No Clinic

Bantam (\$90/week)

Midget U16 (\$90/week)

Midget U18 (\$90/week)

Goalie Clinic (\$30/week)

Mondays (Mite, Squirt, Peewee)

Mondays (Bantam, Midget)

Please see Pre tryout clinics fliers for further details.

