

## 2009 MILLERSVILLE U./ISHL STEEL SUMMER CAMP

- Where: Ice Works/Aston Pa.
- When: Mon August 3-Thursday August 6 (8AM-4PM)
- Program Day: 3 hours on-ice each day. Daily off-ice workouts with conditioning coach Bob Thomas.
- Yoga for Athletes class with Susan Smith (3 sessions)

Day	Time (on-Ice)	Off-Ice	Lunch	On-Ice	Yoga for Athletes
Mon	8-9:30A	9:45-11:15	11:30-12:15	12:30-2P	2:30-3:45P
Tue	8-9:30A	9:45-11:15	11:30-12:15	Pwr Skate	2:30-3:45P
Weds	8-9:30A	9:45-11:15	11:30-12:15	12:30-2P	2:30-3:45P
Thur	8-9:30A	9:45-11:15	Mr. Pasta	12:30-2P	Scrimmage

Name \_\_\_\_\_  
 Email \_\_\_\_\_ Pos \_\_\_\_\_  
 Phone h) \_\_\_\_\_ c \_\_\_\_\_  
 2009/10 Team \_\_\_\_\_ Jersey size/Number \_\_\_\_\_

Coaching Staff: Steve Caputo—Head Coach Team ISHL Steel, Villanova assistant coach  
 Fmr Head Coach, Millersville U. & Salesianum HS

Bob Thomas: Head Coach A.I. Dupont Hs

Dave Emerson: Goaltender Muhlenberg U

Susan Smith: Yoga for Athletes <http://susanspowerflowyoga.com>

### Camp Notes:

- ✓ Yoga for Athletes Class will be in a heated room. Please bring yoga mat & towel.
- ✓ Please be on time each morning. Camp starts promptly at 8AM.
- ✓ Off-ice will be held at a local school field.
- ✓ Aston Ice works restaurant is open during camp.
- ✓ Thursday lunch at Mr. Pasta/Claymont De.

*Total cost for camp is \$225. Please make check payable to:  
 Team ISHL/Steve Caputo*

Mail to: Team ISHL/Steve Caputo  
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