

Slough Jets Academy Training Times 2010 – 2011

Below are the training times for the Jets Academy for all age groups this season. All the sessions are structured and built around giving every player the opportunity to develop all their individual skills, technical/tactical skills and their hockey sense. On a Tuesday sessions we work on individual skills and hockey sense, Wednesday sessions will be aimed at technical/tactical sessions and Friday session are for power skating/endurance.

Days:	Times for sessions:
<u>Tuesday:</u>	(U10, U12, U14B) 6.15pm – 7.15pm
	(U14A, U16) 7.15pm – 8.15pm
	(U18) 11pm – 12am
<u>Wednesday:</u>	(U10) 5:15pm - 6:45pm
	(U12) 5:45pm - 7:15pm
	(U14B) 7:15pm - 8:15pm
	(U14A) 8:30pm - 9:30pm
	(U16) 9:45pm - 10:45pm
<u>Friday:</u>	(All ages) 6:15pm - 7:15pm
	(U18) 10:45pm - 11:45pm

For any more information regarding our Development Programs please contact Peter Russell at prussell@sloughjets.co.uk

The Slough Jets Academy is based on improving every player's individual hockey skills as well as helping all players develop as people. The Jets coaching staff will be highly qualified and is determined to give every player the needed attention for improvement.

My goal as Head of the Slough Jets Academy are; to provide a fun and challenging environment for all the members, an affordable ice hockey experience while maintaining the maximum ice time needed for improvement, and finally a competitive atmosphere for all the players in the program. All players will be treated as if they are the only player in the program. We strive to create a sport for all and a program of excellence.

