

This Elite Skill Development camp includes a detailed breakdown of every facet of a player's game.

- ➔ The Syracuse Stars have exclusive use of 1200 sq. ft. synthetic ice surface where players' shooting form will be videotaped and analyzed (Don Kirnan, Jr.)
- ➔ Stick handling, offensive and defensive skills (Don Kirnan, Scott Montagna and John Walsh)
- ➔ All aspects of skating will be assessed, including speed, stride, and skating form (Nicole Kirnan)
- ➔ Each player will leave the camp with a detailed weight lifting and conditioning program
- ➔ Every individual will consult with a dietician who will craft a nutrition guide to each individual's needs
- ➔ Every evening will conclude with a high tempo 3-on-3 tournament

IN A RECENT PUBLICATION, THE HOCKEY NEWS LISTED THE SYRACUSE STARS AS ONE OF THE TOP TEN PREPARATORY HOCKEY PROGRAMS. Most off-season opportunities for elite junior players consist of showcasing one's talents. Syracuse Stars Founder/owner, Don Kirnan's philosophy is that the off season should be used to evaluate and improve players' skills. In this elite environment, this assessment will be conducted by many of the same individuals who have been developing and preparing players for the next level for over twenty years. The Syracuse Stars are proud to compete in the powerhouse Eastern Junior Hockey League, the premier junior hockey league in the United States.

SPACE IS LIMITED!! In order to maintain a 5:1 Coach/Player ratio, we can only accept 20 players!

SESSION #1

May 12-14

SESSION #2

June 16-18

SESSION #3 SESSION #4

July 21-23

AUG 8-9



Registration Fees:

\$600

(without room and board)

\$725

(including room and board)

date revised
7/25/2009

Player's Name: _____ DOB: _____
Address: _____
Phone #: _____ Email Address: _____
Please indicate session desired: (Check One):
 Session #1 **Session #2** **Session #3** **Session #4**
(May 12-14) (June 16-18) July (21-23) (Aug 8-9)

Parents Signature: _____ Date: _____
Please return this completed form with your check made out to: **Syracuse Junior Hockey Club, Inc. 5679 Thompson Road, Dewitt, NY 13214.** For additional information please visit our website at: www.syracusestars.net or call: Don Kirnan (315) 254-5229. Parents signature releases and holds harmless the Syracuse Junior Hockey Club, Inc. and the instructors from any and all liability.

This three-day high intensity camp features semi-private lessons in each of the following areas:

Power Skating • Shooting
Stick Handling Skills
Defensive and Offensive Skills
Weight Lifting and Conditioning
Boxing • Nutrition
Video Analyses • 3-on-3 Ice Games

The Syracuse Stars have enjoyed over twenty years of success at developing and placing hundreds of players in all levels of pro, college and with the U.S. National Program, Including:

“Don Kirnan taught me the skills I needed to prepare me for the NHL. Without my time with the Syracuse Stars, I don’t know if I would be where I am today.”

Tim Connolly

Brian Gionta
Rob Esche
Matt Murley
Rob Schremp
Ryan Hayes



Syracuse Stars Off Ice Shooting Room



ELITE SKILL DEVELOPMENT CAMP

Our Mission

To provide skill assessment and development for elite junior age hockey players. The Syracuse Stars elite camp will provide individualized training in all on and off ice facets of the game.

To duplicate this program would cost thousands of dollars in private lessons, training fees and ice time.