

# Summer Program Description

Age Groups: New to Hockey - 5-12yrs, U6/U9, U11/U13, U15/U18 & Levels: Beginners, Recreational (Average) & Rep Level - (Advanced)



## Summer Pond Hockey - No team. No tryouts. Just play.

U6/U8 or U9/U11

Fast-paced, fully organized 3-on-3 games every week—designed for more puck touches, ice time & fun. Smaller teams mean maximum involvement, constant engagement & confidence-building. Each session includes: warm-up, referee, scorekeeper, & 3 timed periods. Shooter Tutors replace goalies to increase scoring & build confidence. A safe, structured environment where players compete, develop & simply enjoy the game. U6-U8: 6-12 skaters/team or U9-U11: 6-9 skaters/team. **Big smiles. Fast shifts. Non-stop fun...**

### Beginner Program

#### New to Hockey

5-12yrs

RPM will get the players started with basic skating and puck skills. We combine just the right amount of instruction with social interactive play. An excellent opportunity to gauge the interest of your player as he or she tries their hand at hockey. CSA Hockey Equipment required. **Make your first experience a great one!**

### Recreational Programs

#### Power Skating & Puck Skills

U6/U9 or U11/U13

National-level Can Power Skate instruction designed to build elite skating foundations. Develop balance, edge control, stride power, tight turns, crossovers, starts, stops, backward skating, and pivots—then apply those mechanics directly to puck control, passing and shooting. **Stronger stride. Better edges. Greater impact.**

#### Puck Control & Shooting

U6/U9 or U11/U13

Learn the difference between stick handling and puck control... understand what moves to use, when to use it, and why. Develop your wrist shot, backhand, snap, slap, flip shots, breakaways, bad-angle scoring, deflections, net drives, and plays from behind the net. This program connects skating puck control and shooting so you can beat defenders with speed, power, and accuracy **Create space. Commit defenders. Finish with purpose.**

#### Stride/Shoot/Score

U6/U9 or U11/U13

Skating, stickhandling & Shooting—learn what moves to use, when to use them, and why. Refine your wrist shot, backhand, snap, slap, flip shots, breakaways, bad-angle scoring, net drives, dekes deflections. This program connects Skating, Stickhandling, and Shooting with speed, power, and accuracy. **Create separation. Make defenders commit. Finish the play.**

#### Skills & Drills

11/U13 & U15/U18

A blend of technical skill instruction & high-tempo flow drills. Players get plenty of skating, puck movement, and shooting using RPM's most popular game-speed flow drills. An ideal opportunity to get back on the ice, build rhythm, and prepare for the upcoming season. **Sharpen your skills. Find your pace. Start the season strong.**

#### Shooters Program

U11/U13 & U15/U18

Refine your wrist shot, backhand, snap, slap, flip shots, breakaways, bad-angle finishes, deflections, net drives, and plays from behind the net. Players learn to connect skating with shooting mechanics, generating speed, power, and accuracy. **Quick release. Strong edges. Finish with confidence.**

### Rep Level Programs

#### Rep Level Conditioning Camp

U11/U13 & U15/U18

A fast-paced, high-tempo on-ice camp built to prepare you for tryouts. We focus on technique, conditioning, flow, and competitive drills that mirror real association evaluations. Skate through common tryout drills, learn what evaluators look for, and step on the ice confident and prepared. **Arrive ready. Compete hard. Stand out.**

#### Rep Level Defencemans

U11/U13 & U15/U18

Designed exclusively for defencemen looking to fine-tune their skills. Refine backwards skating, acceleration, pivots, point shots, and play reading while mastering gap control, angling, controlled contact, and shot blocking. Players develop confidence defending 1-1, 2-1, 3-1, and 3-2 situations, along with puck movement skills including headmanning and identifying passing and rushing lanes. **Control the gap. Win the battles. Command the ice.**

#### Rep Level Power Forward

U11/U13 & U15/U18

Built for the REP-level forward ready to elevate their impact. Focus areas include forechecking, backchecking, cycling, puck control under pressure, 1-1 battles, faceoffs, angling, gap control & scoring execution. Players also learn advanced "sniper" concepts—combining power-forward presence with the finish of a true goal scorer. **Train like a difference-maker. Play like one.**

#### Rep Level Hockey Tough

U11/U13 & U15/U18

Hockey Tough is where compete level meets skill. Built for players who want to outwork & outbattle the competition. Develop the mindset & skills to win puck battles, control contact, protect the puck & dominate 1-1 and small-area play. Sessions blend technical skill, tactical awareness, flow & conditioning focusing on the details that separate good players from great ones.

**Your edge to reach the next level.**

### Register by May 31 & receive a complimentary RPM T-Shirt!

1-T-Shirt per player not per registration. Complimentary not transferable & no cash value. RPM reserves the right to modify the T-Shirt design & Color. Parents contact us with the size of T-Shirt you would like for your player. No exchanges RPM is not responsible for the T-Shirt size you choose. **Deadlines:**

**Summer Registrations must be received by May 31, 2026 no exceptions.**

**T-Shirt orders must be received by our office by May 31, 2026 no exceptions.**

T-Shirts will be available prior to the first on ice session. Contact: sam@rpmhockey.com via email and indicate your players first & last name, T-Shirt size required and program (s) you are attending.

**Our way of saying thanks for choosing RPM!**

