



COACHING STAFF

Head Instructor: Matt Reid

Head Coach - Team Maryland AAA U-16
Founder of North Country Hockey School
Two Time SC High School Coach of the Year
Former Cyclones U14 Head Coach
Twelve Years pro experience in the AHL, ECHL and Europe
Former Division I player at Clarkson University

Goalie Instructor: Cooper Stewart

Former Cyclones U-14, U16 & U18 Player
Background in High Level goalie training

Player Instructor: Sean Traynor

Former Cyclones U10, U14 and U16 Player
Former Carolina Hurricanes AAA U12 & U14
Former Esmark Stars AAA U18 Player

Player Instructor: Parker Brown

Former Cyclones U-14 & U16 Player
Former Esmark Stars AAA U18 Player
Fairbanks Ice Dogs in the NAHL

Player Instructor: Ethan Webb

Former Cyclones U8, U10, U12, U14 & U16 Player
Former Esmark Stars AAA U16 & U18 Player
Johnstown Tomahawks in the NAHL



Instruction Includes;

Fifteen Hours On Ice

One hour each day of Power Skating

- Skating Position
- Edging
- Acceleration
- Forwards & Backwards Striding
- Efficient Transitioning

One hour each day of Skill Development

- Puck Control and Puck Protection
- Passing and Receiving a Pass
- Shooting
- Skating with Puck Possession

One hour each day of Team Concepts

- Offensive and Defensive Zone Training
- Supporting the Puck Carrier
- Specific Game Situations
- Puck Protection, Body Contact and Checking

Off Ice Training

Dryland Training

- Core Strengthening
- Flexibility and Hockey Specific Mobility
- Conditioning

Chalk Talk and Video Sessions

- Skill Development Seminars
- Team Concepts



Plex Indoor Sports & Ice
1019 Broadstone Rd
Irmo, SC 29263
(803)732-1900



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REGISTRATION FORM

NAME: _____

DATE OF BIRTH: _____

PREVIOUS TEAM: _____

POSITION: _____

YEARS OF EXPERIENCE: _____

PAYMENT

PLAYER - \$395. Early Registration (before July 20th, 2019 \$365)
GOALIE - \$265. Early Registration (before July 20th, 2019) \$215)
or

Register online @ www.plexhiwire.com/irmo

