

# MARCH CLINIC 2020

# PRO-HOCKEY DEVELOPMENT

## ADVANCED SKILLS TRAINING

*"Become a Difference Maker"*



## WHY PRO-HOCKEY DEVELOPMENT TRAINING?

PHD was designed for the highly motivated hockey player and allows each individual skater to increase their skill set and focus on correcting their deficiencies. When following the PHD formula, players are taught how to do quick moves in small spaces. Together with constant repetition of proper techniques, players are able to change bad habits and create new hockey instincts.

In addition, PHD is an intense training program with a limited number of players, a full commitment is required of all players that attend and are personally invited by Jon Fontas and his professional staff.

### POINTS OF INTEREST

- Professional Training
- Skaters will be placed in group according to age & highest skill level.
- All programs players accepted on first come, first serve basis.

### OUR PHD PROFESSIONAL STAFF



**JON FONTAS**  
 UNH Hall of Fame, top 10 career scoring, Minnesota North Stars, Finnish Professional Elite League

**PAUL AMES**  
 Umass Lowell, 2 time Defenceman Hockey-East All Star, World Junior Team, Drafted by Pittsburgh Penguins, Germany Professional League

**BRIAN FONTAS**  
 Umass Boston, Premier Skills/Skating Teacher in New England, Acton-Boxboro Girls Varsity Coach

**MARK FONTAS**  
 Greenbay Gamblers USHL, Tier 1 National Junior Hockey Champions 96' & 97', Umass Lowell, Hockey-East, Indianapolis Ice, CHL, D3 High School Coach of the Year 2011

**ZACH LUBINSKI**  
 Southern New Hampshire University, D2 NCAA Champions-2014, 2 Year EHL Coach, 3 Year NA3HL Coach, IJHL All-Star, 10+ years as Skating/Skills Instructor

### TRYOUT PREP TRAINING

**SKATE 3 - TYNGSBORO, MA**

**3 Training Sessions  
4.5 Hours of Training**

#### Clinic Focus

- Power Technique Skating
- Stickhandling / Passing / Shooting
- Challenge drills / Situations
- Small Area Games

#### Levels/Groups:

2002-2005 Birth Years (Midget)

**Times:** 10:20 a.m. - 11:50 a.m. (1.5 hours each session)

#### Dates:

- Session 1 - Sunday, March 8, 2020
- Session 2 - Sunday, March 15, 2020
- Session 3 - Sunday, March 29, 2020

**Cost: \$195 / player**

Register Online at

**THACLINICS.COM | 800-800-7373**

