

Instructors



Dave Debol

- 1979-1985 Hartford Whalers
- 1974-1978 University of Michigan
- University of Michigan Hall of Fame
- NCAA Record Holder for fastest Hat trick - 59 seconds
- Red Wing Alumni
- Over 20 years private instructor
- UM Dearborn, Head Coach



Carrie Keil

- Master's degree in Exercise Physiology
- 13 years CEO Keil Power Skating
- 1986-1992 University of Michigan Head Skating Trainer
- 1999-Current USA Hockey NTDP Head Skating Trainer
- Over 25 years private instructor



Dale Rominski

- 1996, 1998 UM NCAA Champion
- 1999-2001 Tampa Bay Lightning
- 12 years teaching experience



Ken Grundy

- Jr. Red Wings Goaltender
- Chelsea High School Goalie Coach 2002-current
- Head Travel Coach 2001-current
- Goalie Instructor with Hockey Masters 2002-current



Blake Jobkar

- 10 year Hockey Masters student
- Kent Prep School Grad
- 3 years coaching experience
- Attending MSU



Nick Vetter

- 7 years teaching/coaching
- USA NTDP Summer Camp Powerskating Instructor
- Chelsea Hockey Association Learn to Play Director
- Mite A, AA Travel Hockey Coach

Strength Coaches



Darryl Nelson

- MEd in Physical Education
- Nat'l Strength & Conditioning Assoc. C.S.C.S.
- Nat'l Athletic Trainers Assoc. A.T., C.
- 2000-Current USA Hockey NTDP Strength & Conditioning Coach

OFF-ICE WEIGHT TRAINING DESCRIPTION:

USA NTDP Strength Coach Darryl Nelson will run a one-hour strength and conditioning workout. This workout will consist primarily of Olympic-style free weight exercises designed to enhance speed, power, balance, agility, and core strength.

Location: Ann Arbor Ice Cube
734-327-9251 ext. 23

Days/Times: Mon., Tues., Wed., Thurs., Fri. 6:30 - 7:30 p.m.
Sept. 2 - May 31

Cost: \$30 per workout session



Larry Veasman

- EMU Strength Coach
- Education in exercise science
- 10 years experience
- Strength Program Design/Personal Trainer

OFF-ICE ATHLETIC TRAINING DESCRIPTION:

Professional athletic trainer Larry Veasman will run a one-hour strength and conditioning workout. This workout will consist primarily of own-body-weight exercises designed to enhance speed, power, balance, agility, and core strength. Athletic attire required, i.e., shorts, T-shirt, athletic shoes. This program is for players ages 10 and older.

Location: Ann Arbor Ice Cube

Days/Times: By appointment 734-368-4100

Cost: Individual, small group, and team rates available

Sessions: Sept. 2 - May 31

PRIVATE LESSON ICE

CHELSEA ARCTIC COLISEUM

Tues./Thurs. 3:45 - 5:45 p.m. (Fall ONLY)

Sun. 3:15 - 5:05; 5:15 - 7:05 p.m.

Tues./Thurs \$20 per 2 hour session
with 8 week sign-up = \$160

Sunday \$25 per 2 hour session
with 8 week sign up = \$200

Drop-in \$30 all sessions

VETERAN'S ICE ARENA

Wed. 3:00 - 5:20 p.m.

Mon./Thurs. 3:30 - 5:30 p.m. (Spring ONLY)

Mon./Wed./Thurs \$20 per 2 hour session
with 8 week sign-up = \$160

Drop-in \$30 all sessions

ANN ARBOR ICE CUBE

HOLIDAY PRIVATE LESSON ICE

Location: Ann Arbor Ice Cube

Days/Times: Mon, Tues, Wed, Fri

Week #1 Dec. 22-26 8:40-10:40 a.m.
10:50-12:50 p.m.

Week #2 Dec. 29-Jan. 2 8:20-10:20 a.m.
12:00-1:50 p.m.

Cost: 1-3 days \$30/day

4-6 days \$25/day

7-8 days \$20/day

PRE/KINDERGARTEN "LET'S PLAY HOCKEY"

Location: Ann Arbor Ice Cube

Days/Times: Tues. 1:30 - 2:20 p.m.

Sessions: Session I Sept. 23 - Oct. 28

Session II Nov. 4 - Dec. 9

Session III Jan. 6 - Feb. 17

Session IV Feb. 24 - March 31

Session V April 7 - May 12

Cost: \$90/6 week session

PRIVATE LESSONS

DATES:

September 2 - May 31

FOCUS:

The program is a "fast track" method of improvement.

ICE FEES:

Mon./Tues./Wed./Thurs. \$20 per 2 hour session with 8 week sign-up

Sun. \$25 per 2 hour session with 8 week sign-up

Drop-in \$30 all sessions

COACHES FEES:

All fees per 1/2 hour*

Dave Debol
734-645-8822
\$50 P; \$35 SP

Ken Grundy (Goalie)
734-765-8654
\$30 P; \$20 SP

Blake Jobkar
734-476-0374
\$15 P; \$10 SP

Carrie Keil
734-323-3193
\$50 P; \$35 SP

Dale Rominski
734-355-7606
\$38 P; \$25 SP

Nick Vetter
734-560-3093
\$20 P; \$13 SP

*P = Private; SP = Semi-Private

All Ages/Adults