

PENGUIN'S CAMP INSTRUCTORS:



TODD REIRDEN : HEAD COACH

Reirden, 38, was named Wilkes-Barre/Scranton head coach on May 20, 2009, after guiding the team on an interim basis during the tail end of the 2008-09 season. He guided the Penguins to their seventh consecutive postseason appearance, and an upset of the Bridgeport Sound Tigers in the East Division Semifinals.

Reirden originally joined Wilkes-Barre/Scranton as an assistant coach on August 18, 2008. Prior to that he served as an assistant at his alma mater, Bowling Green State University, for the 2007-08 season.

A native of Deerfield, Illinois, Reirden appeared in 183 NHL games with the Edmonton Oilers, St. Louis Blues, Atlanta Thrashers and Phoenix Coyotes between 1998 and 2004. He also suited up for a combined 533 games in the AHL, IHL, ECHL and Europe during his playing career.



JOHN HYNES : ASSISTANT COACH

John Hynes joined the Penguins as an assistant coach on August 4, 2009. Prior to that, the 36 year old native of Warwick, Rhode Island spent six years as a head coach with USA Hockey's National Team Development Program, posting an overall record of 216-113-19-9. He led the U.S. Under-17 Development Team to a 42-17-6 record during the 2008-09 season.

Hynes enjoyed great success on the international stage, leading the U.S. Under-18 National Team to three medals at the World Under-18 Championships - gold in 2006, silver in 2004 and bronze in 2008. He was head coach of the U.S. National Team at the 2008 World Junior Championships, and was an assistant coach on the 2004 U.S. team that won a gold medal at the World Junior Championships.



JOE LORINCZ : STRENGTH AND CONDITIONING COACH

Joe Lorincz joined the Penguins staff prior to the 2009-10 season as strength and conditioning coach. Lorincz's responsibilities include setting workout programs for all Penguins players, supervision of all workout sessions, providing health and nutrition information for the team, and guidance in techniques for preventative and corrective exercise. He also assists the athletic training staff with rehabilitation of injured players. He will be supervising off-ice activities at the camp, and providing information on fitness, healthy eating and wellness values.

RULES OF CONDUCT:

- When there is a long whistle blast during instructional sessions, stop what you are doing, go to the instructor who blew the whistle, drop to one knee and pay attention.
- Please listen to all instructions carefully and do not talk while instructions are being given. If you have a question about a drill or instruction, please raise your hand.
- Please be on time for all activities, and ready to participate. Mites/Squirts should be in full gear and ready to go on the ice at 9:00am each day. Pee-Wees and Bantams should be in off-ice gear and ready for instruction at 9:00am each day.
- Write your first name or nickname on a piece of tape on both the front and back of your helmet.
- Clearly mark you equipment with your name or other identifying mark, so you don't confuse it with another person's gear.
- Please respect your fellow campers' belongings. Do not go in equipment bags which do not belong to you. Lockers are available for any of your valuables.
- Please clean up after yourself. Do not leave used tape lying around the locker room, or empty lunch bags lying around eating areas. Trash cans will be made available.
- Please be attentive, listen to the instructors at all times, watch what they do and do your best.
- Most of all - HAVE FUN!

REGISTRATION/RELEASE FORM

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

HOME PHONE: _____ **WORK PHONE:** _____

EMAIL: _____ **BIRTH DATE:** _____ **AGE:** _____

POSITION: _____ **JERSEY SIZE:** **YOUTH:** S/M L /XL **ADULT:** S M L XL XXL

CARD TYPE: _____ **CARD NUMBER:** _____ **EXP:** _____

Please include this for with payment. (minimum \$50.00 non refundable deposit per camper.) Total fee is \$399.00.
mail order to: WILKES-BARRE/SCRANTON PENGUINS HOCKEY CAMP
670 N. RIVER STREET SUITE 210
WILKES-BARRE PA, 18705

Payment by personal check or money order can be made payable to: WILKES-BARRE/SCRANTON PENGUINS HOCKEY CAMP

WILKES-BARRE/SCRANTON PENGUINS CAMP SCHEDULE OF ACTIVITIES: DAY 1

MITES/SQUIRTS (6-10YRS):

8:30 TO 9:00: CHECK IN:

- Registration
- Medical Disclosure if necessary
- Get Schedule
- Signed Waiver

9:00 TO 10:20 ON ICE

- Stretch
- Evaluation
- Skating Drills.
- Questions and Answers

10:20-10:50: CHANGE OUT OF EQUIPMENT 10:50 TO 12:00: OFF ICE

- Introduction to Camp Talk
- Rules of the School
- Over view of weeks activities
- Questions and Answers

12:00 TO 12:30: LUNCH BREAK 12:30-1:00: CHANGE TO EQUIPMENT 1:00 TO 2:15 ON ICE

- Stretch
- Skating Drills
- Relay Game
- Passing Techniques

12:15-12:45 CHANGE OUT OF EQUIPMENT 2:45 TO 4:00: OFF ICE

- Stretch
- Plyometrics
- Over view of weeks activities
- Questions and Answers
- Stick Handling with Tennis ball
- Stretch

PEEWEEES/BANTAMS (11-15YRS):

8:30 TO 9:00: CHECK IN

- Registration
- Medical Disclosure if necessary
- Assign Jersey
- Get Schedule
- Signed Wavier

9:00 TO 10:00: OFF ICE

- Introduction to Camp Talk
- Rules of the School.
- Overview of week's activities.
- Questions and Answers

10:00 TO 10:30: CHANGE TO EQUIPMENT 10:30 TO 12:00 ON ICE

- Stretch
- Evaluation.
- Skating Drills.
- Questions and Answers

12:00-12:30 CHANGE OUT OF EQUIPMENT 12:30 TO 1:00: LUNCH BREAK 1:00 TO 2:00: OFF ICE:

- Stretch
- Plyometrics
- Questions and Answers
- Stick Handling with Tennis Ball
- Stretch

2:00 TO 2:30: CHANGE TO EQUIPMENT 2:30 TO 3:45: ON ICE

- Stretch
- Skating Drills
- Relay Game
- Passing Techniques
- Game

*Full schedule will be provided upon check in.