



Tim Knox, Mountain States Renegades and Renegades Selects Hockey Director, is offering his hockey camp in **Des Moines, Iowa** at the **Metro Ice Sports Facility** (www.dmicerink.com) for the 1996 – 1992 age players. The camp is designed to help each player with skills development, sportsmanship, teamwork, and above all FUN. Players will be housed at the Metro Ice Sports Facility and will participate in the many activities designed for each player to improve their individual skills both on and off the ice.

There are 2 options for the camp:

1. 4 week session
2. 2 week session

The camp will be run by **Tim Knox** (Hockey Director at Mountain States Renegades) and **Roger Gill** (Assistant Hockey Director at Mountain States Renegades).

Dates: 4 week session: **June 9 – July 4**

2 week session – **any 2 consecutive weeks** within the 4 weeks of **June 9 – July 4**

Cost: \$1,000 (4 weeks)
\$600 (2 weeks)

The cost includes the following:

On-ice Sessions: Players will receive 12-15 hours of ice time during the week

Off-ice Sessions: There will be daily off-ice conditioning drills and activities to help increase each skater's strength, quickness, agility and endurance as well as building leadership qualities. Classroom instruction will also be included.

Coaching Staff: **Tim Knox** – Hockey Director - Mountain States Renegades
www.mountainstateshockey.com.
Roger Gill – Assistant Hockey Director – Mountain States Renegades
www.mountainstateshockey.com.

Guest Coaches: **Des Moines Buccaneers Coaching Staff** (USHL)
Iowa Stars Coaching Staff (AHL)
Major Dave Andersen – Retired US Marine, Director of Boot Camp Hockey out of New York, www.bootcamphockey.com.
Craig Smoot – Off-ice training

Supervision: Each player will be assigned a team with a coach, counselor and team mom supervising their activities. Dad's will also be available and will rotate where needed.

Accommodations: Players will be housed at the Metro Ice Sports Facility

Meals: Each player will get 2 meals a day (breakfast and dinner)

Time-off Activities: There will be a variety of fun activities for each skater to participate in. This will include such things as golf, swimming, soccer and tennis.

We look forward to your participation 2008 hockey camp!

To secure your spot in the 4 week camp, a deposit of \$400 must be received by April 15, 2008. An additional \$300 is due by May 15, 2008 and the remainder of the balance due at check in.

To secure your spot in the 2 week camp, a deposit of \$200 must be received by April 15, 2008. An additional \$200 is due by May 15, 2008 and the remainder of the balance due at check in.

Checks and Money Orders should be made to: **MTS Renegades**

Mail to: **MTS Renegades**

Attn: Tim Knox

1234 Trappers Point

Fort Collins, CO 80524

If you have any questions please contact Tim Knox at:

Email: timpuck@aim.com

Phone: 970-217-7950

Yours in Hockey,

Tim Knox