

Victorian Alpine Committee
Ice Hockey Skills Camp Report



37 athletes from the Falls Creek, Mt Buller and Hotham race clubs took part in a two day Ice Hockey Skills Camp at the Icehouse over the weekend.



Photo credit Scott Coleman

Camp Overview & Objectives

- The camp was designed to enhance athleticism, decision making and reactive abilities in a challenging and relevant environment
- 2 days of specific training at the **Icehouse** in the Docklands
 - 8x 1 hour training sessions each w. a specific focus
 - 4x on ice hockey skills sessions
 - 2x specific strength sessions
 - 1x yoga session
 - 1x feldenkrais session
 - 2x sports psych sessions (1 for parents – 1 for kids)
- Solid progression on the ice from all participants – a special mention to the U10's for really stepping up (Jack & Charlie McNamara, Louis Hearn, Eliza Sheppard, Moraya Wilson, Connor Reeve & Janika Chalkiadis)

By the #'s

- ⇒ **37** participants (30 per day total)
- ⇒ **13%** from **Falls Creek** Race Club
- ⇒ **36%** from **Mt Buller** Race Club
- ⇒ **51%** from **Hotham** Race Club

- ⇒ **18%** U10's (2001 born & younger)
- ⇒ **31%** C1's (1999-2000 born)
- ⇒ **36%** C2's (1997 – 1998 born)
- ⇒ **15%** FIS – we'd love to see more FIS athletes out for future projects



Attending athletes

1. Archibald, Nick
2. Batten, Charlotte
3. Biggins, Oliver
4. Biggins, Nick – National Children's Squad
5. Brooke, Busgy
6. Chalkiadis, Chris
7. Chalkiadis, Janika
8. Chen, Philip – National Children's Squad
9. Coleman, Bec
10. Cornelius, Sam
11. Cornelius, Callum
12. Coull, Harrison – National Children's Squad
13. Craig, Jack – National Children's Squad
14. Dennis, Sarah – National Children's Squad
15. De Oliveira, Christian
16. Findlay, Shaun
17. Geiger, Christian – National Team
18. Glasbrenner, Emma
19. Glasbrenner, Kaela
20. Hearn, Louis
21. Luu, Duy
22. Mahon, Sophie
23. Mahon, Annabel
24. May, Aiden
25. May, Riley
26. McFie, Iain – National Junior Squad
27. McNamara, Jack
28. McNamara, Charlie
29. Molnar, Ella

30. Molnar, Hamish
31. Muhlen, Louis – National Children's Squad
32. Reeve, Connor
33. Roper, Lucy
34. Saisch, Felix – National Children's Squad
35. Shappeard, Eliza
36. Wilson, Moraya
37. Wilson, Moraya

VAC staff

1. Trent Kaufman
2. Jeff Books

From a distance...a few travelled a pretty long way to join us for the weekend...well done...

Sarah Dennis for travelling from Sydney

Shaun Findlay for travelling from Ballarat

Thank yous...

- ⇒ **Travis, Lachlan & Dave** for the on ice coaching + all of the Icehouse staff for a great weekend
- ⇒ **Pete Binns** from Feldenkrais Australia – see below for more information
- ⇒ **Dane Barclay** and **Daniel Dymand** from the Performance Sports Psychology Clinic – see below for more information
- ⇒ Victorian Alpine Committee (thank you **Dave Reeves**) for funding the sports psych sessions
- ⇒ **Dave & Lynette Glasbrenner, Geoff and Harriett Sheppard & Scott Coleman** for their assistance
- ⇒ **Scott Coleman** for the great pics
- ⇒ Participating athletes & families...thank you!



Photo credit Scott Coleman



Photo credit Scott Coleman



Photo credit Scott Coleman

Special Project Service Providers – for more information...



- ⇒ www.feldenkrais.com.au for more information on the **Feldenkrais method** – very cool stuff
- ⇒ www.icehouse.com.au for more information on what's happening at the Icehouse – the official home of the **Olympic Winter Institute (OWI)**
- ⇒ www.pspc.com.au for more information on **Dane Barclay, Daniel Dymand** and the **Performance Sports Psychology Clinic** – please feel free to contact Dane or Daniel anytime for questions or for appointment bookings
 - **Dane Barclay** - dane.barclay@pspc.com.au
 - **Daniel Dymond** – daniel.dymond@pspc.com.au

About the Victorian Alpine Committee

The Victorian Alpine Committee (VAC) delivers physical training programs through terms 1, 2, 3 & 4. VAC programs represent a collaboration of the Falls Creek Race Club, Mt Buller Race Club and Mt Hotham Race Club.

For more information about the Victorian Alpine Committee's conditioning programs please contact Jeff Books on jeff@mhrs.org.au – 0431 071 121

For more images – click on the link below to view the VAC Facebook page
<http://www.facebook.com/pages/VIC-Alpine/270109536365636>



Photo credit Scott Coleman

