



# LEAFS ICE CENTRE

# Insider

801 Wesemann Drive  
West Dundee, IL 60118  
[www.leafsicecentre.com](http://www.leafsicecentre.com)  
(847) 844-8700

**Figure Skating, Hockey, Public Skating, Camps, and Conditioning for all ages— the Leafs Ice Centre has it all!**



The **Leafs Ice Centre** is a state-of-the-art ice facility located five minutes from I-90 at Randall Road. We have three NHL-size rinks, an off-ice training centre and a studio rink that can be used for private lessons, goalie training or small birthday parties. The Leafs Ice Centre is considered a one-of-a-kind ice facility – the best in the midwest!

Pinnacle Sports Development, our off-ice training facility, offers programs for all levels of hockey, figure skating and sports conditioning. Pinnacle Sports Development is committed to taking your game to the next level by successfully preparing you for your next competition.

## Public Skating

### MONDAY

Noon-2:00 pm

### FRIDAY

Noon-2:00 pm  
8:00 pm-10:00 pm

### SATURDAY

Noon-2:00 pm  
8:00 pm-10:00 pm

### SUNDAY

1:30 pm-3:30 pm

Please check [leafsicecentre.com](http://leafsicecentre.com) for additional public skating dates and for blackout dates.



## Chill out and let us run your Birthday Party!

Our Birthday Bash Party Packages allow you to plan your entire party, right down to the cake and party favors, with no hassle.

You can chill out at the rink and enjoy your event while we do all the work. Just pick your party date, add your extras, and watch us pull it all together for you. The day of your party, our party leader will ensure that your room is set up and supplied with everything you ordered. The clean-up is on us, too!

There's a variety of party options, so book your next party at the Leafs Ice Centre. Log on to [www.leafsicecentre.com](http://www.leafsicecentre.com) to get started!



## Silver Leafs Skate School News

The Silver Leafs Skate School is off to an exciting start at Leafs Ice Centre. Skaters have been enjoying worthwhile classes, fun-filled camps and creative ice shows. With the Winter Olympic Games being held this



year, many are discovering what a great sport figure skating can be. This past September, our skate school initiated the United States Figure Skating Basic Skills program, a progressive approach in skating which enables skaters to get the most from their classes. This program is the very same that today's Olympic figure skaters progressed through to meet their own skating goals. Whether it be purely recreational, or headed for the competitive track, the USFS Basic Skills program is the best program for overall skills and fun. Skaters in our program become members of USFS and earn badges as they progress through the

program. We also offer many specialty classes that enable skaters to use their skills in other aspects of figure skating.

This past December, many skaters from our program enjoyed performing in our annual "Holiday Showcase." The show was full of holiday music, seasonal costumes and showcased skating. Our annual "Spring Ice Show" is even bigger and better. The show is scheduled for April 30-May 2, 2010.

Also in December, many skaters enjoyed the Winter Break Camp. The two-day camp included on and off ice instruction, skating to music, games and crafts. We also offer a Spring Break Camp which is scheduled March 30 and April 1, and Summer caps during June, July and August.



January 16, 2010 brought former Olympian skaters, Melissa Gregory and Denis Petukhov to the Leafs Ice Centre to give skaters an on ice workshop. Skaters were thrilled to work with these championship skaters.



Throughout the Fall and Winter, our four Synchronized Skating teams have

been hard at work practicing and competing both locally and nationally. With great success, our two upper level teams captured first place trophies in Ann Arbor, Michigan in December. All four teams will be competing throughout the winter and three will travel to Ohio this March for the ISI Synchro Championships. Synchronized Skating is fast becoming one of the most popular programs in figure skating at Leafs Ice Centre and throughout the area. Synchronized skating teams are open to Basic 4 Level and Up figure skaters.



## Silver Leafs Upcoming Events

### Session #4 Classes

March 8-May 8  
(no classes week of Apr. 26)

### Spring Break Camp

March 30, April 1

### ISI Synchronized Skating Team Tryouts

April 19

### Spring Ice Show

"Willy Wonka's Chocolate Factory"

April 30-May 2

### USFS Synchro Skating Team Tryouts

May 3 & 4



## Spring Break Camps

Tuesday, March 30 & Thursday, April 1, 9:00am-12:00pm

- \* 2 hours on-ice activities and instruction
- \* 1 hour off-ice training and activities
- \* Skating instruction, games, crafts

Register in person or online at [www.leafsicecentre.com](http://www.leafsicecentre.com)

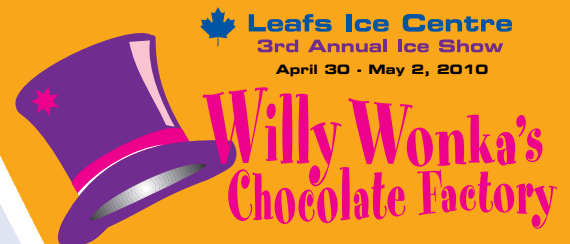
## Summer Camps

June 14, 16 July 12, 14 August 9, 11

Please check [www.leafsicecentre.com](http://www.leafsicecentre.com) for additional Summer Camp information.



2009-2010 Silver Leafs Synchronized Skating teams



## Leafs Hockey News

With our 3rd session coming to an end and session 4 beginning March 8th we are pleased with the turnout of new students in the **Learn to Skate/Pre Hockey** program. Our instructors will continue with the same attention to detail to make sure each skater gets instruction to improve their skating techniques. As your child progresses through the program they will be challenged by learning to use inside/outside edges, forward/backward crossovers, and scooter pushes. Learning to skate is about reputation and ice time and two great ways to achieve that is by taking advantage of the **Double Time Program** and **Public Skate**. As always we will continue to improve our programs to give the best instruction possible for the development the skater.

The **Mite In House League** has made some new and improved changes to keep the development of those who have graduated out of Pre Hockey and are looking to move into the **Leafs Hockey Club**. Each player and team will receive more skill development as well as 3 on 3 cross ice hockey games to allow each player have a chance to touch the puck more often. These changes were made to help in the transition to the USA Hockey's American Development Model (ADM) for the advancement of young hockey players. Teams will also still have the opportunity to learn about positional play and use that new knowledge in full ice hockey games. Our goal is to make sure your player is prepared for the move into travel hockey.

**Adult Hockey** at the Leafs Ice Centre is seeing some new changes to its programs over the next few months. We will be hosting our first **Adult Hockey Tournament** March 5-7 as well as the **Adult Sled Hockey Tournament** that same weekend. **Adult Instructional Hockey** will now be offered year round with only a few weeks off for holidays. We will still offer the drop-in rate and also offer a punch card for those who aren't sure which weeks they can attend. All of our **Adult Leagues** will be wrapping up their winter seasons in April and the summer information will be out in the next few weeks. The leagues will continue to evaluate and make changes to grow and keep the competition clean and tough for teams at every level.

## Skate School Session 4

March 8-May 8 ( 8 weeks) *No classes week of April 26- May 1*

### Drop In Skillz!!

Tuesdays, January 19 through March 16

Every Tuesday Night with Bob Gohde on the Studio Rink! Work on shooting and stick handling. No registration needed! \$8 per skater, goaltenders FREE! Just call 2 hours before to reserve your spot! Check our web site for times.

## Spring Break 2010 Hockey Clinics

March 29, 30, & 31 – \$30 per day or \$75 for all 3 days

Stickhandling for ages 6-9	9:00-10:20 am
Stickhandling for ages 10-14	10:30-11:50 pm
Defense Clinic for ages 6-9	1:10-2:30 pm
Defense Clinic for ages 10-14	2:40-4:00 pm

## Adult Open Hockey

February 1st - August 31st, Open Hockey Schedule - \$8.00

Rat Hockey Punch Cards are available at the front office—10 for \$60.00.

Tuesday	11:30am-1:00pm	Friday.....	4:20pm-5:50pm
Wednesday.....	11:30am-1:00pm	Friday.....	8:40pm-10:10pm
Thursday.....	11:30am-1:00pm	Saturday.....	7:20am-8:50am
Friday.....	11:30am-1:00pm	Sunday.....	7:00am-8:30am

## Summer Camps

Week of 8/2 Mites and Pee Wee

Week of 8/9 Squirts and Bantams

Please check [leafsicecentre.com](http://leafsicecentre.com) for additional Summer Camp information.



## Spring/Summer Men's League

May 3 - August 29, 2010

Register by April 30

14 regular season games followed by three weeks of playoff rounds. Individual players please contact Bob Gohde to be placed on house team. See [leafsicecentre.com](http://leafsicecentre.com) for details.

## Spring/Summer Adult Recreational League

April 18 - Aug 15, 2010

Evaluation: April 11, 5:00pm

For players with less than 4 years of experience who want the full game action. No check, full equipment, full face mask. See [leafsicecentre.com](http://leafsicecentre.com) for details.

## Adult Instructional Hockey

Wednesdays 8:50-10:10pm

Cost \$20 or Punch card for \$175 (10 classes)

Join any time – sessions go year round! See [leafsicecentre.com](http://leafsicecentre.com) for details.



## Pinnacle Sports Development

PSD is proud to offer several new programs for youth and adults. This spring, PSD has added and revamped some of its programs to better develop all types of athletes for any sport. We will also be introducing a **Kick-Boxing Class, Introduction to Lacrosse** and **several adult programs** to help jump start your existing workouts or get you started for your healthy journey ahead. If a group class is not for you, take a look at our personal training options. We are adding more personal trainers to our staff so you can find one that is compatible to your training needs.

*Our goal at Pinnacle Sports is to help you achieve your goals for wellness and optimal health.*



### Adult Spring Classes

**SKATES AND WEIGHTS** Offered to parents of tot hockey with Coach Gus. Focus on overall general health development with stability ball training and weights.

**PINNACLE BOOT CAMP** A 50 minute workout of intense training for the on-the-go business professional.

**LAST TEN POUNDS CLUB** The combination of cardio, weight training and group support will have you ready for that summer vacation with the new and improved you.

**EARLY MORNING SHAPE UP** Saturday morning complete body circuit training to help get your weekend started right.

### Youth Spring Classes

**SPEED AND AGILITY TRAINING (S.A.T.)** Training geared towards improving the athletes' explosive starts, lateral movements, and overall speed through plyometrics and over speed training.

**CONDITIONING BOOT CAMP** Designed to help maintain and enhance the athletes' ability to have the same conditioning level from the start of the game to the end and increased recovery.

This will be gained by improving balance, flexibility

**STRENGTH AND POWER** Weight training focusing on the athlete's overall strength and conditioning level.



### PSD Membership

PSD offers: personal training, team training, youth training classes, individual memberships, pilates, yoga, ballet, wellness assessments and much more. Our trainers will provide a specialized fitness program to fit your individual needs to maintain functional and good health. We will also help you with nutritional suggestions to put you on a path of eating healthy.

#### Or come work out on your own!

Pinnacle Sports is open 7 days a week from 8:00 am to 10:00 pm

1 Month.....\$18.00	Family Pass (2 people)
3 Months.....\$48.00	\$276 per year
6 Months.....\$96.00	Additional Members
9 Months.....\$135.00	\$100 per year
12 Months.....\$156.00	Walk-on Rate \$5.00

### Summer 2010 Elite Class Schedule

**PSD COMPLETE CAMP** This 3 day a week camp focuses on overall body strength through weight lifting, speed and agility and core workouts. The athlete will also learn the importance of nutrition to maximize the body's full potential during training and competition. Athletes will gain the proper foundation to jump starting a long career at their sport.

**PSD ELITE CAMP** Designed after a Division 1 training program to promote accelerated development for the elite athlete that wants to raise his or her game to a new level. All of the benefits of the "Complete Camp" and more as our staff will help maximize the potential of every athlete. This camp is designed to prepare the athlete and have them game shape ready prior to their upcoming tryouts and start the season off strong.



## PINNACLE SUMMER SPORTS CAMP

Session 1	June 21
Session 2	June 28
Session 3	July 5
Session 4	July 12
Session 5	July 19
Session 6	July 26
Session 7	August 2

7 Week-long Sessions, M-F, 9:00 am to 4:00 pm

Junior Camp: ages 5-7 • Senior Camp: ages 8-12

Cost: \$135 per child, per session

Campers will play, make new friends and stay active this summer... at an affordable price! With a 10:1 camper/counselor ratio, campers will spend time indoors in our sports facility and outdoors in playing fields. Each day campers will learn and play various sports including, but not limited to, basketball, kickball, soccer, flag football, volleyball, wiffle ball, hockey and also have lots of fun with water games, art, crafts, movies!