

# Directors

## Sean O'Brien

**President & Associate Head Coach,  
Portland Junior Pirates**



Sean O'Brien, along with partner Jay Pecora, manages and coaches the Junior and Midget teams for the Portland Junior Pirates. O'Brien spent four years as the U.S. Scout for the NHL's Florida Panthers from 1999 to 2003, after a successful playing career at New England College and professionally in Germany.

## Jay Pecora

**General Mgr. & Associate Head Coach,  
Portland Junior Pirates**



Jay Pecora, along with partner Sean O'Brien, manages and coaches the Junior and Midget teams for the Portland Junior Pirates. Pecora played five professional seasons in both the United States and Europe, following a successful collegiate career at New England College.

## Portland Pirates Hockey Schools

is an educational property of the Portland Pirates Foundation, the philanthropic arm of the Portland Pirates. The programs offered are the result of a collaborative effort between the Portland Pirates Hockey Club, a member of the American Hockey League and top affiliate of the NHL's Washington Capitals and the Portland Junior Pirates, an elite, high performance hockey program for midget and junior players providing opportunities for selected student athletes to further their academic, athletic and social development. The Portland Pirates Hockey Schools include a range of programs focusing on individual skill development, high performance training and conditioning, skating, goaltending, dry-land training, team tactics, coaching strategies, showcase and try-out camps and tournaments and consulting. The Mission of the Portland Pirates Hockey Schools is to provide top quality instruction in a supportive learning environment to assist players (boys and girls) at all levels to meet and exceed their ice hockey playing goals with an emphasis on individual skill development.



### Portland Pirates Hockey Schools

c/o Portland Pirates Foundation  
531 Congress Street · Portland, Maine 04101  
Ph: 207-828-4665 (ext. 314, 315, 317)  
Fax: 207-773-3278  
Email: info@portlandpirates.com

**Portland Pirates Hockey Club 207-828-4665**  
www.portlandpirates.com

**Portland Junior Pirates 207-282-8484**  
www.portlandjuniorpirates.com

**SKILL DEVELOPMENT  
HIGH PERFORMANCE TRAINING  
AGES 7-16**



# 2006



**Portland Ice Arena, Portland, Maine**  
The Official Practice and Training Facility  
of the Portland Pirates

**Biddeford Ice Arena, Biddeford, Maine**  
The Official Practice and Training Facility  
of the Portland Junior Pirates



# Schedules sample day

## PROGRAM I & II

Report to Arena	7:45am
Group 1: On Ice	8:00am–9:15am
Group 2: Dynamic Stretching/ Conditioning/Agility	
Group 1: Dynamic Stretching/ Conditioning/Agility	
Group 2: On Ice	9:30am–10:45am
Group 1: On Ice	11:00am–12:15pm
Group 2: Classroom/Lunch/Shooting Range/Skill Circuit	
Group 1: Classroom/Lunch/Shooting Range/Skill Circuit	
Group 2: On Ice	12:30pm–1:45pm
Day's Review	1:45pm–2:00pm
Pick Up	2:00pm

## PROGRAM III & IV

Report to Arena	7:45am
Dynamic Stretching/Conditioning/ Skill Circuit	8:00am–8:45am
Ice Session #1	9:00am–10:15am
Ice Session #2	10:30am–11:45am
Lunch/Classroom	12:00pm–12:45pm
Video	12:45pm–1:45pm
Day's Review	1:45pm–2:00pm
Pick Up	2:00pm

### All Super Skills Programs Include:

- Skate sharpening available
- 5 day session
- 2.5 hours of on-ice instruction per day
- Game condition drills/scrimmages
- 1:8 instructor/skater teaching ratio
- Complete off-ice program of dynamic stretching, conditioning and agility training, shooting range and skill circuits
- Players will be assigned to small teaching groups based upon age and ability
- Full equipment required (including mouthpiece) per USA Hockey standards
- Each skater will receive:
  - Portland Pirates Hockey Schools Jersey
  - Personal Written Evaluation

## SUPER SKILLS HOCKEY I

Monday, August 1–Friday, August 5

Portland Ice Arena · Portland, Maine · 7:45am–2:00pm

Head Coach: (TBD)

- **Ages 7–14 (boys and girls)**
- Players with less than three years playing experience in an organized program accepted
- Focus on skating, puck handling, passing, shooting and goaltending
- Limited to 45 skaters on the ice at any time to insure successful results
- **Cost per skater: \$330**

## SUPER SKILLS HOCKEY II

Monday, July 25–Friday, July 29

Portland Ice Arena · Portland, Maine · 7:45am–2:00pm

Head Coach: Tim Army

- **Ages 11–16 (boys and girls)**
- Players with three years or more playing experience in an organized program accepted (no beginners accepted) (see Super Skills Hockey I, III, IV)
- Focus on skating, puck handling, passing, shooting and goaltending for the skilled and experienced hockey player
- Limited to 45 skaters on the ice at any time to insure successful results
- **Cost per skater: \$350**

## SUPER SKILLS HOCKEY III

Monday, August 8–Friday, August 12

Biddeford Ice Arena · Biddeford, Maine · 7:45am–2:00pm

Head Coaches: Sean O'Brien & Jay Pecora

- **Ages 7–13 (boys and girls)**
- Players at all skill levels accepted
- Focus on skating, puck handling, passing, shooting and goaltending
- Limited number of skaters to insure successful results
- **Cost per skater: \$315**

## SUPER SKILLS HOCKEY IV

Monday, August 15–Friday, August 19

Biddeford Ice Arena · Biddeford, Maine · 7:45am–2:00pm

Head Coaches: Sean O'Brien & Jay Pecora

- **Ages 7–13 (boys and girls)**
- Players at all skill levels accepted
- Focus on skating, puck handling, passing, shooting and goaltending
- Limited number of skaters to insure successful results
- **Cost per skater: \$315**