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

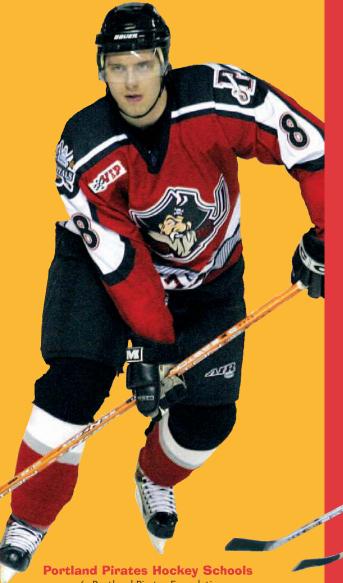
General Mgr. & Associate Head Coach, Portland Junior Pirates



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 affi liate 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 selection 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.



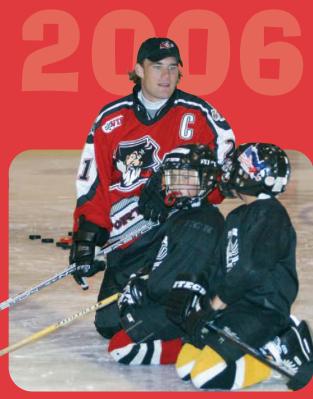
c/o Portland Pirates Foundation 531 Congress Street · Portland, Maine 04101 Ph: 207-828-4665 (ext. 314, 315, 317) Fax: 207-773-3278

Email: in fo@portland pirates.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





Portland Ice Arena, Portland, MaineThe 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



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

DDCCDAM III

7:45am
8:00am-8:45am
9:00am-10:15am
10:30am-11:45am
12:00pm-12:45pm
12:45pm-1:45pm
1:45pm-2:00pm
2:00pm

All Super Skills Programs Include:

- Skate sharpening available
- 5 day session
- 2.5 hours of on-ice instruction
- 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