

Survival Skills Camp Prepares AFHA Players for Tryouts

The Arctic Foxes are very privileged to be able to call the premiere ice facility in Western PA their home. Our association with the RMU Island Sports Center provides all levels of our Arctic Foxes players with unique opportunities to develop and enhance their hockey skills. Our players are able to take power skating lessons



with Marianne Watkins (one of the most sought after power skating coaches in hockey) and they have access to camps for skills development that are designed and run by the coaching staff of the Division I Robert Morris University Hockey Team.

In April, just before tryouts, our Arctic Foxes players were provided with an opportunity to participate in the Survival Skills Camps that were

hosted by the RMU Hockey coaches.



These fast paced sessions were well received by the participants and left them wanting more. The camps were designed to maximize the learning by placing stations around the ice where the players would perform drills designed to enhance specific skills. Included were stations designed to develop checking, skating and stick handling skills.

The Arctic Foxes alliance with the RMU Hockey program is entering its second year. During the first year of the alliance, the RMU coaches focused on coaching the coaches. There were seminars held through out the year where Arctic Foxes coaches



received information on teaching and motivational techniques that are appropriate for players of all ages. In addition to the seminars, the coaches received periodic visits from the coaching staff where they would observe the Arctic Foxes coaches performance during practices. This season, look for more of the same along with more on ice instruction from the RMU Coaches and maybe even a little mentoring by RMU Players with our young players.