

# Intermediate Learn-to-Play Hockey

## WANT TO UP YOUR GAME TO THE NEXT LEVEL?

**Then come join our elite coaching staff every Sunday evening, year round, from 6:00 – 8:00 PM at the Ice Chalet, and let our expert coaches teach you how to play smarter, skate better and faster, and shoot the puck harder and with more accuracy as you quickly improve your individual skills as well as your ability to be a better team player.**

This program is open to everyone of high school age and older with previous hockey experience. The course will begin each Sunday with a one hour “controlled” scrimmage. There will then be a “chalk talk” session while the Zamboni resurfaces the ice, followed by forty-five minutes of intensive skating, passing, and shooting drills coupled with hockey strategy lessons.

The cost is \$17.00/week and there is no minimum time commitment. Come as frequently as suits your personal schedule. Please bring both a dark colored (black, blue, dark green, or purple) hockey jersey and a white jersey to each session.

### **MEET YOUR INSTRUCTORS:**

**Rex Bellomy** – Began playing hockey in Knoxville in 1965 at age 4. Played youth and travel hockey in Knoxville through 1975, then played three years at Northwood Academy in Lake Placid, New York. Was MVP and team captain during junior and senior years and the team was voted #1 high school team in the US in 1979. Was recruited by Notre Dame where he played four years of Division 1 hockey (1979 – 1983), and was a scoring leader and the team captain during senior year. Was drafted by New Jersey Devils, but suffered an ACL knee injury prior to training camp. The injury snuffed out his NHL career, but Rex played multiple off- season exhibition games with The Dallas Stars and some minor league games with The Fort Worth Fire through 1998.

**Ian Lewis** – Grew up playing hockey in Dexter, Michigan. His high school team in Dexter was coached by former NHL players, Dave Debold and Dave Shane. His team won the conference championship every year during his tenure at Dexter, and Ian was awarded the Hurbst memorial for hardest working player. Played college hockey at Michigan Tech and was an assistant off-ice coach while on the team. He coached the Alpeana, Michigan Midget travel team, Chelsea Bantam women’s hockey team, and WCC men’s college hockey in Ann Arbor, Michigan. Ian received training under Kerry Keil in Ann Arbor to become a power skating instructor, and taught a puck power shooting class in Chelsea, Michigan.