

## EXPERIENCE

- \*Drafted to the NHL (Edmonton – 53rd overall)
- \*Have played in Edmonton, Minnesota, Toronto, Columbus, Tampa Bay, and Washington NHL farm systems
- \*Eleven seasons of professional hockey experience (North America and Europe)
- \*Led the ECHL in most Defenseman categories including +/-, points, goals, assists, PP assists, PP goals, game winning goals and shots.
- \*Drafted to the OHL (North Bay – 46th overall)
- \*Rookie All-star in the UHL AND OHL (Paired with Ed Jovanovski)
- \*Plus/minus record in the OHL as a rookie (+64)
- \*Head Hockey Instructor at Teen Ranch (11 years)
- \*Directed the complete training of Junior, NCAA and Professional hockey players
- \*ECHL Defenseman of the Year and First Team All-Star (2004)
- \*Selected as a starter for the All-Star team two years in a row (2004-05)
- \*Canadian Coaching Levels
- \*Certified Personal Trainer
- \*1<sup>st</sup> Aid & CPR Certified



Neilson Athletics is a cross-gender hockey school that provides professional training for players of all ages and skill levels. Over the past eight summers Corey Neilson, founder and director of Neilson Athletics, has been working out of Teen Ranch Canada. The Teen Ranch Ice Corral is an Olympic-size arena where some of the top professional hockey teams have held their training camp. The pre-season is a great time to work on some inconsistencies in the player's game or develop skills further to put the player over the top as an elite hockey player. Whether just starting out or a "AAA" player, Neilson Athletics provides programs for all ability and skill levels. The specified programs enable the instructors to work with each individual on what matters most in their game. As a professional coach, trainer, and player, Corey is both qualified and experienced to instruct players and build them into better athletes.



318 Fern Street  
Orangeville, ON L9W 5B9  
Canada  
Phone: (519) 939-8626  
Email: [corey@neilson-athletics.com](mailto:corey@neilson-athletics.com)  
Website: [www.neilson-athletics.com](http://www.neilson-athletics.com)

## SUMMER HOCKEY 2008



*Sharpen Your Edge!*

**NEILSON ATHLETICS INC.**

**TEL: (519) 939-8626**

## MINI 3 vs. 3

An exciting new program! The cross-ice boards are set up for scrimmages while the neutral zone is used for the instructional improvement. By making the game proportionate for the younger players, they are able to get the puck and develop their skills and skating. Action is fast paced allowing players to improve their offensive and defensive play. (10 Weeks)

Cost: \$200 -- Goalies Half Price!

00-01 & 02-03.....Sunday 5-6pm

97-98 & 99-00.....Sunday 6-7pm

94-95 & 96-97.....Sunday 7-8pm

Girls (13+).....Sunday 8-9pm

Girls (12-).....Wednesday 5-6pm (9 wks)

## HOCKEY INITIATION

Our newest program for the beginner. A fun introduction to the ice, wearing equipment, and starting to play hockey. Parents are encouraged to help out in the first few sessions. Most participants will be under age 7. This program is the perfect compliment to our Mini-3vs3.

Cost \$200 -- (9 Week Program)

Wednesday: 5-6pm

## TEAM TRAINING

Corey Neilson will personally work with coaches to improve their team. Corey's attention to detail and unique experience make him the perfect resource for any coach. He can run general skills & skating sessions or telescope the instruction to specialized areas. Bodychecking, Defence and Dryland Training options are very popular. (Available on request starting May 1st)

On-Ice Cost: \$100/hour + Ice

Off-Ice Cost: \$100/hour

## JUNIOR DEVELOPMENT

This is an intense program designed for the serious hockey player who has dreams and aspirations of playing in the OHL, NCAA, and Professional Hockey Ranks. We are putting together two teams of 20 players who will be trained and coached in all facets of the game of hockey. Included will be approx. 40 hours of ice, 9 hours of Video Training and a monitored Dry-land training program. Train the way the pros do and learn from a proven player, Corey Neilson, who was just hired as the "Assistant Coach" and "Strength and Conditioning Coach" for his pro team in Europe. (9 Weeks)

Cost: \$1250

### Ice:

Mondays: 8:30-9:45pm (B – Skills Practice)

9:45-11pm (A – Skills Practice)

Wednesdays: 8-9pm (B – Skills Practice)

9-10pm (A – Skills Practice)

Sundays: 9:30-11:30pm (A vs. B Game)

### Dry-land:

Monday-Thursday: 3:45-4:45pm (A-B)

### Video Training:

Monday: 7:30- 8:30pm (A-B)

## SEMI-PRIVATE LESSONS

From basic fundamentals to advanced theory and training, this on-ice program is geared to improve skating and skills. This is a customised program designed with the input of players and parents. There is a maximum of 5-6 players per session. Private Instruction also available! (9 Weeks)

93-94-95.....Tues & Thurs 7-9am

96-97-98.....Mon & Wed 7 -9am

99-2000-01.....Friday 7-9am

## DEFENCE CLINICS

This is a learning program emphasizing defenseman skills and theory. A one-hour off-ice video session precedes an hour-long session where players apply the lessons. Teams are in desperate need of D-men who know their position well and have the necessary fundamentals to control their attacker; therefore, skating will be a core part of our program. Blueline shooting and one-timers will be examined in detail, teaching D-men to walk the line, shooting for deflections and through screens. Breakout and neutral zone passing will be covered, as well as corner escapes and evasive manoeuvres to elude fore-checkers. Gap control, staying on the defensive side of pile-ups and clearing the front of the net will be explained. Various rush scenarios will also be explored (3vs2, 2vs2, 2vs1, and 1vs1) and we will touch on ways to jump into the offence.

Cost \$125

**Clinic 1:** June 7-8

**Clinic 2:** August 16-17

Description for both dates:

Ages 7-11: Video (11am-12pm)

Ice (12-1pm)

Ages 12-15: Ice (1-2pm)

Video (2-3pm)

## SHOOTING LESSONS

Shooting fundamentals and advanced techniques designed to made you score goals – period! (Available upon request starting May 1st)

Off-Ice Cost: \$50/half hour

On-ice Cost: \$225/hour

**ALL PROGRAMS START THE WEEK OF JUNE 15<sup>TH</sup> AND RUN UNTIL AUGUST 17<sup>TH</sup>**

\*All fees are subject to GST \*10% Discount for Families with multiple registrations

\*Jerseys are included with 3 vs. 3 program \*Register by mail or Online

Visit Our Website for More Info: [www.neilson-athletics.com](http://www.neilson-athletics.com)

