



# 2020 SUMMER HOCKEY PROGRAMS

 ***Twin Rinks***  
*Where Champions are Born*

1063 Hope Street, Stamford, CT

[WWW.STAMFORDTWINRINKS.COM](http://WWW.STAMFORDTWINRINKS.COM)

For over 20 years, Twin Rinks Summer Hockey Programs have provided the highest level of coaching along with elite training for players of all ages and abilities. It's Twin Rink's mission to provide superior hockey instruction for motivated players who want to reach their potential. Twin Rinks boasts an elite coaching staff of veteran local coaches who are passionate about passing on their knowledge and skills to the next generation of hockey players.

## COACHING STAFF

### CHRIS GRAGNANO

#### Head Professional

- Played at Christian Brothers Academy, Providence College Division 1 NCAA and with the Green Mountain Glades of the EJHL
- Mid-Fairfield 16U & Bantam Minor Head Coach
- Assistant coach at the Gunnery
- Owner of Total Hockey Development
- Trains many high-level players from prep schools, junior programs, colleges, as well as professionals that play in Europe, ECHL, AHL, and the NHL.

### JOHN MISERENDINO

#### Director of Hockey Operations

- Director of Hockey Operations, Stamford Twin Rinks
- 10+ years as a power skating and skills instructor, USA Hockey Level 4 coaching certificate
- Former Head Coach Wilton High School Boys Varsity
- DYHA 16U & Mite A coach, Mite Development Coordinator

### VICTOR BARYSHEVTSEV

#### Skill Development Director

- Pioneer of Russian hockey skating techniques
- Alternate on the 1988 Russian Olympic Team
- Trained NHL players Max Pacioretty, Artem Anisimov, Matt Moulson and more.

### COREY BADEAU

#### Assistant Director of Hockey Operations

- 4 Year Varsity Hockey Player at Woonsocket HS, Awarded All-State defenseman his Jr. and Sr. Year
- Hobey Baker Character Award Recipient in 2010
- 4 Year Club Hockey player at SHU, two NECHA Conference Championships
- DYHA Coach at the Squirt & Bantam Level
- Head coach, DHS JV boys team

### JORDAN BRICKNER

#### Skill Development Coach

- Standout Player at the University of Wisconsin.
- Professional women's hockey player and tournament champion in the Swiss and Austrian national Women's Leagues.
- Current player for the Connecticut Whale of the NWHL
- 12U Tier 1 Ice cats Head Coach

### CHRIS FURTAK

#### Skill Development Coach

- Played at New Fairfield Immaculate and went on to play for Manhattanville College and UCONN.
- Former Assistant Coach of New Canaan High School
- Head coach of Squirt AA with Darien Youth Hockey Association.

Email Corey at [C\\_Badeau@StamfordTwinRinks.com](mailto:C_Badeau@StamfordTwinRinks.com)  
for private lesson information

WE'RE MAKING SURE OUR SKATING COMMUNITY STAYS SAFE & HEALTHY.

See the measures we are taking at:

[StamfordTwinRinks.com](http://StamfordTwinRinks.com)

# SUMMER PROGRAM SCHEDULE

	Morning Session Monday–Thursday 9:00–10:45am	Afternoon Session Monday–Friday 1:30–3:00pm	Weekly Evening Clinics	Saturday Development
June 29–July 3	Pro Skills w/ Chris Gragnano	Hockey Skills & Combine w/ John Miserendino & Corey Badeau	Stickhandling Tuesdays 3:15–4:15pm	Rookies & Juniors 8:50–9:40am
July 6–10	Pro Skills w/ Chris Gragnano	Hockey Skills & Combine w/ John Miserendino & Corey Badeau	HS/18U Practice & Pickup Tuesdays 4:30–5:45pm	Advanced Development w/Chris Furtak 9:55–10:55am
July 13–17	Russian Edges & International Skills w/ Victor Baryshevtsev	Russian Edges & International Skills w/ Victor Baryshevtsev	Powerskating Wednesdays 3:15–4:15pm	
July 27–31	Advanced Development w/ Chris Furtak	Advanced Development w/ Chris Furtak	All Girls Clinic Wednesdays 4:30–5:45pm	
August 3–7	Hockey Skills & Combine w/ John Miserendino & Corey Badeau	Hockey Skills & Combine w/ John Miserendino & Corey Badeau	Rookies & Juniors Thursdays 3:15–4:15pm	
August 10–14	Hockey Skills & Combine w/ John Miserendino & Corey Badeau	Hockey Skills & Combine w/ John Miserendino & Corey Badeau	Shooting Fridays 3:15–4:15pm	
August 17–21	Russian Edges & International Skills w/ Victor Baryshevtsev	Russian Edges & International Skills w/ Victor Baryshevtsev	Russian Hockey School Fridays 4:30pm–5:45pm	
August 24–28	Travel Tune Up Mite/Squirt w/ John Miserendino, Corey Badeau & Travel Coaches	Travel Tune Up Pee wee/Bantam w/ John Miserendino, Corey Badeau & Travel Coaches	Friday Night Pond Hockey Fridays 6:00pm–7:30pm	

## TYPICAL WEEK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Private Lessons 6:30–8:45am	Private Lessons 6:30–8:45am		Private Lessons 6:30–8:45am		Rookies & Juniors 8:50–9:40am
Morning Hockey Session 9:00–10:45am	Morning Hockey Session 9:00–10:45am	Morning Hockey Session 9:00–10:45am	Morning Hockey Session 9:00–10:45am		Advanced Development 9:55–10:55am
Stick & Puck 11:00am–12:00pm	Stick & Puck 11:00am–12:00pm	Stick & Puck 11:00am–12:00pm	Stick & Puck 11:00am–12:00pm		
Private Lessons 12:15–1:15pm	Private Lessons 12:15–1:15pm	Private Lessons 12:15–1:15pm	Private Lessons 12:15–1:15pm		
Afternoon Hockey Session 1:30–3:00pm	Afternoon Hockey Session 1:30–3:00pm	Afternoon Hockey Session 1:30–3:00pm	Afternoon Hockey Session 1:30–3:00pm	Afternoon Hockey Session 1:30–3:00pm	
	Stickhandling Clinic 3:15–4:15pm	Power Skating 3:15–4:15pm	Rookies & Juniors 3:15–4:15pm	Shooting Clinic 3:15–4:15pm	
	HS Practice & Pickup 4:30–5:45pm	Girls Clinic 4:30–5:45pm		Russian Hockey School 4:30–5:45pm	
				Friday Night Pond Hockey 6:00pm–7:30pm	

Check out [StamfordTwinRinks.com](http://StamfordTwinRinks.com) for additional skating opportunities including Stick & Puck, Adult Only Stick & Puck and More!

## WEEK-LONG SESSIONS

### PRO SKILLS & DEVELOPMENT WEEK

**W/ CHRIS GRAGNANO** *Travel Mite & Up*

Get on the ice and work with the area's most well renowned skills instructors, owner of Total Hockey Development Chris Gragnano. Throughout the year Chris trains countless high level players from prep schools, junior programs, colleges and NHL, AHL, ECHL and International professionals. Chris also serves as the assistant coach at The Gunnery, and also coaches Mid Fairfield's 18U and 16U National bound teams.

**June 29-July 2, July 6-9, 9:00am-10:45am, \$300**

### HOCKEY SKILLS & COMBINE W/ JOHN MISERENDINO & COREY BADEAU

*Travel Mite & Up*

Hockey Skills & Combine consists of a variety of shooting, puck control and skating drills to both train and test a player's ability and progress. Coaches use time trials and radar to track players' progression throughout the week making for a fun and competitive training environment for both the motivated and casual player. Players will be grouped by age and ability. Want more? Meet with our coaches and develop a custom plan for your week!

**June 29-July 3, July 6-10: Monday-Friday 1:30pm-3:00pm, \$320**

**August 3-7, August 10-14:**

**Morning Session: Monday-Thursday 9:00am-10:45am, \$300**

**Afternoon Session: Monday-Friday 1:30pm-3:00pm, \$320**

### RUSSIAN EDGES & INTERNATIONAL SKILLS W/ VICTOR BARYSHEVSTEV

*Travel Mite & Up*

An alternate on the 1988 USSR Olympic Team, Victor was a pioneer in the development of the unique Russian Power Skating technique. His clients have include NHL players from the Montreal Canadiens, Dallas Stars, Toronto Maple Leafs, and the Columbus Blue Jackets, KHL (Russia), and the AHL. One NHL coach stated "I saw Victor do things on hockey skates that no one else in the World can do".

**July 13-17, August 17-21:**

**Morning Session: Monday-Thursday 9:00am-10:45am, \$315**

**Afternoon Session: Monday-Friday 1:30pm-3:00pm, \$340**

### ADVANCED DEVELOPMENT WEEK W/ CHRIS FURTAQ

*Travel Mite & Up*

Intensely & Intently train the skills that separate. Chris Furtak played hockey for Manhattanville College before transferring to the University of Connecticut. Following graduation, he attained his master's in history-Education from UConn, and made hockey his career, working for Blueline Sports. He spent four years as an Assistant Coach for New Canaan High School and currently serves as the Head Coach for DYHA's Squirt AA team.

**July 27-31:**

**Morning Session: Monday-Thursday 9:00am-10:45am, \$300**

**Afternoon Session: Monday-Friday 1:30pm-3:00pm, \$320**

### SUMMER HIGHLIGHT: TRAVEL TUNE UP

*Travel Mite & Up*

Get dialed-in for your upcoming season! Groups will be separated by age. Throughout the week players will be train and be tested with a variety of skill based and competition oriented drills to get them ready for the start of their respective seasons. Tune up coaching staff is comprised of Twin Rinks professional coaching staff along with USA Hockey certified local youth coaches. *Travel players only.*

**August 24-28:**

**Mites & Squirts: Monday-Thursday 9:00am-10:45am, \$300**

**Peewees & Bantams: Monday-Friday 1:30am-3:00pm, \$320**

## WEEKLY CLINICS

### ROOKIES

A Hockey program designed for the beginner & intermediate player age 6 & Under who have been acquainted with a stick and puck. Rookies focuses on the skating and skill development necessary for our youngest players!

**PREREQUISITE:** *Completion of Mini-Mites program or equivalent beginner hockey program.*

**Thursdays**

**Session 1: July 2 - July 23, 3:15pm-4:15pm, 4 Sessions, \$175**

**Session 2: July 30-August 27, 3:15pm-4:15pm, 5 Sessions, \$225**

**Saturdays**

**Session 1: July 11- July 25, 8:50am-9:40am 3 Sessions, \$130**

**Session 2: August 1-August 22, 8:50am-9:40am, 4 Sessions, \$175**

### JUNIORS

A program for intermediate players ages 8 & Under. Class is designed to develop proper skating ability necessary for fun and competitive gameplay, along with fundamental skills including puck control and shooting.

**PREREQUISITE:** *Completion of Mighty Mites program or equivalent intermediate hockey program*

**Thursdays**

**Session 1: July 2 - July 23, 3:15pm-4:15pm, 4 Sessions, \$175**

**Session 2: July 30-August 27, 3:15pm-4:15pm, 5 Sessions, \$225**

**Saturdays**

**Session 1: July 11- July 25, 8:50am-9:40am 3 Sessions, \$130**

**Session 2: August 1-August 22, 8:50am-9:40am, 4 Sessions, \$175**

### ADVANCED DEVELOPMENT CLINIC

**W/ CHRIS FURTAQ** *Squirt & Peewee Travel Players Only*

Intensely & Intently train the skills that separate. Chris Furtak played hockey for Manhattanville College before transferring to the University of Connecticut. Following graduation, he attained his master's in history-Education from UConn, and made hockey his career, working for Blueline Sports. He spent four years as an Assistant Coach for New Canaan High School and currently serves as the Head Coach for DYHA's Squirt AA team.

**Saturdays**

**Session 1: July 11- July 25, 9:55am-10:55am, 3 Sessions, \$150**

**Session 2: August 1-August 22, 9:55am-10:55am, 4 Sessions, \$200**

### POWERSKATING CLINIC

*Travel Mite & Up*

This back-to-basics, no-frills power skating clinic will be a great tool for any player looking to out-pace their opponent, or for the motivated player looking to take their overall game to the next level. A more powerful and efficient stride, smoother transitions, greater stability and a higher level of endurance will not only improve your mobility but also directly benefit the other major aspects of your skill set.

**Wednesdays**

**Session 1: July 1 - July 22, 3:15pm-4:15pm, 4 Sessions, \$175**

**Session 2: July 29-August 26, 3:15pm-4:15pm, 5 Sessions, \$225**

# WEEKLY CLINICS

## **STICKHANDLING CLINIC** *Travel Mite & Up*

This clinic will encompass a variety of stickhandling drills that allow each player to take the next step in improving their ability to handle and control the puck. Players will learn an assortment of techniques to improve their ability to handle the puck in tight areas as well as in open space. Developing confidence in your control and handling will allow players to make more impactful and aggressive plays with the puck.

### **Tuesdays**

**Session 1: June 30- July 21, 3:15pm-4:15pm, 4 Sessions, \$175**

**Session 2: July 28-August 25, 3:15pm-4:15pm, 5 Sessions, \$225**

## **HS PRACTICE & PICKUP** *Ages 15-18*

A high paced, dynamic skills and competition-oriented clinic & competitive and organized pickup games designed for CIAC, FCIAC and 18U Travel players.

### **Tuesdays**

**Session 1: June 30-July 21, 4:30pm-5:45pm, 4 Sessions, \$175**

**Session 2: July 28-August 25, 4:30pm-5:45pm, 5 Sessions, \$220**

## **GIRLS INTENSIVE CLINICS**

### **W/ JORDAN BRICKNER** *Travel Mite & Up*

Lead by Jordan Brickner of the National Women's Hockey League (NHL) CT Whale, these clinics are for the motivated girls player keen on developing their skills in a fun and active environment.

### **Wednesdays**

**Session 1: July 1 - July 22, 4:30pm-5:45pm, 4 Sessions, \$200**

**Session 2: July 29-August 26, 4:30pm-5:45pm, 5 Sessions, \$250**

## **SHOOTING CLINIC** *Travel Mite & Up*

Get the repetition and instruction you need in this strictly shooting clinic. Players don't practice their shooting nearly enough over the course of a season. This station-based shooting clinic encourages increased repetition of drills for strength building and muscle memory and allows for a wide range of ages and skill sets to be grouped appropriately.

### **Fridays**

**Session 1: July 3-July 24, 3:15pm-4:15pm, 4 Sessions, \$175**

**Session 2: July 31-August 28, 3:15pm-4:15pm, 5 Sessions, \$225**

## **RUSSIAN HOCKEY SCHOOL W/ VICTOR BARYCHEVSTEV**

The Russian Hockey School, Lead by Victor Baryshevstev, utilizes proven international training techniques that have helped develop some of the most highly skilled hockey players in the sport world.

### **Fridays**

**Session 1: July 3-July 24, 4:30pm-5:45pm, 4 Sessions, \$200**

**Session 2: July 31-August 28, 4:30pm-5:45pm, 5 Sessions, \$250**

## **FRIDAY NIGHT POND HOCKEY**

Our most popular summer offering! Play cross-ice style games in all 3 zones, groups arranged by age and ability. The BEST way to improve your skills while having FUN!

### **Fridays**

**Session 1: July 3-July 24, 6:00pm-7:30pm, 4 Sessions, \$90**

**Session 2: July 31-August 28, 6:00pm-7:30pm, 5 Sessions, \$110**

## **TOTAL HOCKEY DEVELOPMENT CLINICS W/ CHRIS GRAGNANO**

*INVITE ONLY*

Total Hockey Development Elite Summer Program will be an entirely skill based development program working on every element of a players game. Powerskating, stick handling, shooting, passing, body control, agility as well as positional skills (forwards and defensemen), game situations, competing and small area games.

See [www.TotalHockeyDevelopment.com](http://www.TotalHockeyDevelopment.com) or email [C\\_Gragnano@StamfordTwinRinks.com](mailto:C_Gragnano@StamfordTwinRinks.com) for more info



**Single Class registration for clinics is available online.**

**LIMITED SPOTS ARE AVAILABLE FOR ALL PROGRAMMING.**

Pre-registration is strongly suggested:

[www.StamfordTwinRinks.com/register](http://www.StamfordTwinRinks.com/register)



1063 Hope Street  
Stamford, CT 06907

## **THE TWIN RINKS DIFFERENCE**

- The only facility in lower Fairfield County to feature two Regulation sized ice surfaces and new state of the art off ice training facility featuring KwikRink synthetic shooting rink and USA Hockey Dryland Training room
- All programs run by established professional coaches and collegiate players
- Wesco Sports – full-service pro shop with certified skate sharpeners
- Anthony's Kitchen conveniently located on the first floor serves food, snacks, and beverages
- Iceview Tavern – sports bar overlooking both rinks
- New Health and Fitness Services located on the second floor featuring Prentiss Human Performance and Greenwich Sports Medicine
- Over 100 professional players train at the Twin Rinks facility over the summer. Train where the Pro's train!
- Convenient to both I-95 and the Merritt Parkway

**DEVELOPING NEXT-LEVEL PLAYERS FOR OVER 20 YEARS!**