RESIDENT AND DAY CAMPS

Liberty University Christian Hockey School (LUCHS) is no ordinary hockey camp. With up to three hours of daily hockey instruction, campers will learn valuable skills and strategies from hockey coaches as well as former collegiate and professional players.

Coaches, players, and hockey educators have developed a curriculum targeting the needs of the young hockey player. In addition to daily on-ice instruction, campers will take part in off-ice conditioning sessions, video analysis, and team-building activities, as well as enjoy appearances from guest speakers.

PLAYERS FROM ACROSS THE NATION CONVERGE ON LIBERTY’S ICE, MAKING LUCHS ONE OF THE MOST DYNAMIC PROGRAMS AVAILABLE.
JOIN LIBERTY HOCKEY COACHES AND PLAYERS

for a great summer camp experience in a safe, fun, and exciting environment!

Other activities include indoor soccer, swimming, hiking, basketball, a hockey shooting gallery, and strength and conditioning.
LUCHS is a premier camp run by Liberty’s American Collegiate Hockey Association (ACHA) DI coaches and is hosted at the LaHaye Ice Center in Lynchburg, Va.

LUCHS provides the same high-end hockey instruction that has pushed the Liberty Men’s Hockey program to the top of the ACHA DI national rankings. A strong emphasis is placed on preparation, accountability, devotion, discipline, and sacrifice — the foundations of Liberty’s program. Students gain valuable insight both on and off the ice through interaction with coaches, counselors, and other campers.
SKILLS
• Passing
• Puck protection and control
• Shooting with speed

SKATING
• Understanding the dynamics of stride and stability
• Developing speed and agility
• Promoting power and quickness

SMALL AREA GAMES*
• Opportunities to learn through play
• Promoting creative thinking
• Daily teaching plans using team play (two-on-one, confined space, etc.)

TACTICS
• Cycling the puck and change of pace
• Picks and one-on-one situations
• Angling and body contact (if age appropriate)

CONCEPTS
• Instructions regarding play in odd-man situations
• Creating time and space with and without the puck
• Common offensive and defensive responsibilities

GOALIES AT RESIDENTIAL CAMPS:
EXTRA GOALIE-ONLY EVENING SESSION!
• Strengthening fundamental skill development
• Improving balance, agility, and speed
• Learning on-ice geography
• Challenging the shot
• Controlling the puck
• Developing a shutout mindset
• Practically applying real game situations

*Adjustment to student groups may be made following the first on-ice evaluations.
SAMPLE DAILY SCHEDULE

MORNING
6:50 A.M. – WAKE UP
7:15 A.M. – BREAKFAST
7:45 A.M. – BUS TO RINK
8-9:15 A.M. – ON-ICE INSTRUCTION
9:30 A.M. – SNACK
10-11:15 A.M. – OFF-ICE ACTIVITY
11:25 A.M. – LUNCH

AFTERNOON
12:15-12:45 P.M. – CHAPEL
1-2 P.M. – POOL
2:45-4 P.M. – ON-ICE INSTRUCTION
4:30-5:15 P.M. – VIDEO
5:30 P.M. – DAY CAMPERS LEAVE
5:45 P.M. – DINNER
6:45 P.M. – EVENING ACTIVITIES
(GAMES, MINI-GOLF, OR HIKING)
PROGRAM INFORMATION

Birth Year: Mite (’08–’10)  |  Squirt (’06–’07)  |  Pee Wee (’04–’05)
Bantam (’02–’03)  |  Midget U16 (’00–’01)  |  Midget U18 (’98–’99)

SESSION 1
DAY CLINIC | JUNE 24–26 | $225
MITE | SQUIRT | PEE WEE | BANTAM | MIDGET U16 | MIDGET U18

SESSION 2
GIRL’S RESIDENT AND DAY CAMP | JULY 3–7
RESIDENT: $545 | DAY: $445
MITE | SQUIRT | PEE WEE | BANTAM | MIDGET U16 | MIDGET U18

SESSION 3
BOY’S RESIDENT AND DAY CAMP | JULY 8–12
RESIDENT: $545 | DAY: $445
MITE | SQUIRT | PEE WEE

SESSION 4
BOY’S RESIDENT AND DAY CAMP | JULY 15–19
RESIDENT: $545 | DAY: $445
BANTAM | MIDGET U16 | MIDGET U18
LAHAYE ICE CENTER
1971 University Blvd.
Lynchburg, VA 24515

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