



**LANCE JAEGER**

**We work with:**  
Boys/Girls  
Men/Women  
Individuals  
Small Groups  
Teams  
Ice/Inline Players  
Goaltenders  
Referees



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Louisville, CO 80027  
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Email: lance@competitiveedgehockey.com  
Website: www.competitiveedgehockey.com

Clip out this  
business card  
for easy  
reference!

**Skills & Drills:**  
Skating • Stick-Handling • Passing & Receiving  
Shooting • Scoring & Finishing  
Puck Support & Protection  
Angling & Checking • Positioning & Team Play  
Game Situations & Scenarios

**Specialties:** Lessons • Clinics • Team Practices • Game Evaluations  
Video Analysis • Off-Ice Training • Camps • Tournaments

**CLIENT DATA SHEET**

Client Name: \_\_\_\_\_

Parents Names (if applicable): \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Experience - Years/Levels

- Skating: \_\_\_\_\_

- Hockey: \_\_\_\_\_

Current Youth Association/Adult League & Level:

What do you hope to get out of Lessons? \_\_\_\_\_

\_\_\_\_\_

What are your long-term Hockey goals? \_\_\_\_\_

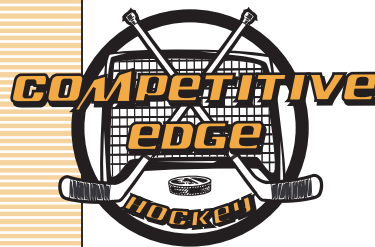
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Jersey Size: S M L XL 2XL T-Shirt Size: S M L XL 2XL

Waiver & Release: The Participant agrees that they will not hold Competitive Edge Hockey, Lance Jaeger, any Instructors, or any Facility or its Parent Organization (including their staff) responsible or liable for any loss, injury, or death resulting from participation in Private Lessons.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please call or email Lance to discuss or mail this form to "CEH" at:  
368 S. McCaslin Blvd. #330, Superior, CO, 80027



# PRIVATE ICE HOCKEY LESSONS

with *Competitive Edge Hockey*

**Skills & Drills Focus on:**

- Skating
- Stick-Handling
- Passing & Receiving
- Shooting
- Scoring & Finishing
- Puck Support & Protection
- Angling & Checking
- Positioning & Team Play
- Game Situations & Scenarios

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**www.CompetitiveEdgeHockey.com**

### Skills Evaluation

The initial Lesson involves a comprehensive evaluation of the individual's hockey skills so that a baseline can be established, tendencies can be captured, and habits can be recorded. Based upon the results, goals are set so that progress can be monitored going forward.

- Skating
  - Fwd & Bwd Edges, Starts-Strides-Stops, Power Turns, Fwd & Bwd Crossovers, Transitions
- Stick-Handling
  - Stationary & Moving
- Passing
  - Stationary & Moving
- Shooting
  - Stationary & Moving

### Personal Development Notebook

The results from the Skills Evaluation are entered into each individual's Personal Development Notebook, which each player becomes responsible for. Players are encouraged to make notes after lessons, games, practices, drop-ins, skate 'n' shoots, or open skating so that we can continue to tailor their development to the areas of the game that need to be focused on the most.

## LANCE JAEGER

- USA Hockey Level 4 Certified Instructor/Coach
- 25+ years of experience
- Player/Coach/Private Instructor at the Youth, High School, Division III and Adult Levels in MN & CO



Please visit the CEH website at

[www.CompetitiveEdgeHockey.com](http://www.CompetitiveEdgeHockey.com)

for more information

*"I think he is a good teacher because we have fun after all of my hard work."*  
- Austin Knoebel, Age 6

*"I think Lance's lessons are great. He makes me work hard and they are challenging, but we have fun."*  
- Haley Joufflas, Age 12

*"If you want to learn how to play hockey the right way, then Lance is the only way to go. He knows how to work with all skill levels and all ages to make it a fun experience in a fast pace sport."*  
- Dave Knoebel, Adult/Parent

*"Brendan began one-on-one training with Lance last year, right after he learned to skate, and his progress has been amazing. Lance's constructive and positive style of instruction has encouraged the disciplined approach needed to excel in sports. Lance uses discussion and demonstration techniques to capture the attention and preserve the fun and excitement of hockey for an 8 year-old. Brendan looks forward to his sessions with Lance every week. The marked improvement in his hockey and skating skills bear testimony to their combined efforts."*  
- John & Kim Aleksivich, Parents

*"I needed personal attention to improve all of the little things that I was doing wrong, and that is exactly what Lance has provided me. He has an incredible ability to break your mechanics down, identify the problem areas, and correct them. Thanks to him, my shot has improved by orders of magnitude."*  
- Diane Gomez, Adult

*"Lance has incredible communication skills and is extremely patient in making sure that I understand the reasons why I have trouble with certain areas of my game. Figuring out those crucial, but often simple little things that are holding me back have helped me overcome a great number of them. I have these wonderful little epiphanies about my game that help me to be a better player."*  
- Laura Mitchell, Adult

*"In the clinics Lance manages to reinforce the game by using a variety of drills while keeping us constantly moving and interested, which is why I keep returning. I like working with Lance because he adapts his coaching style to the needs of his students, rather than forcing them into a particular style."*  
- Marc Butler, Adult

### CEH offers the following services:

- Lessons
- Clinics
- Team Practices
- Game Evaluations
- Video Analysis
- Off-Ice Training
- Camps
- Tournaments