



**LANCE JAEGER**

We work with:  
Youths/Adults  
Males/Females  
Individuals  
Small Groups  
Teams  
Ice/Inline Players  
Referees



368 S. McCaslin Blvd. # 330  
Louisville, CO 80027  
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Fax: 303.554.5734  
Email: lance@competitiveedgehockey.com  
www.competitiveedgehockey.com

Clip out this  
business card  
for easy  
reference!

**Skills & Drills:**

Skating • Stick-Handling • Passing  
Shooting • Positioning • Game Situations

Specializing in: Lessons • Clinics • Camps • Tournaments

**CLIENT DATA SHEET**

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

Parent Name (if applicable): \_\_\_\_\_

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

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

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

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

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

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

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

Experience

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

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

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

\_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

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, LLC, Lance Jaeger, any Instructors, Apex Ice Arena (including any staff), or Northjeffco Park & Recreation District responsible or liable for any injuries or loss resulting from participation in Private Lessons.

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

Please call Lance at 720.352.8934 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
- Shooting
- Positioning
- Game Situations & Scenarios

**We work with:**

- Youths/Adults
- Males/Females
- Individuals/Small Groups/Teams
- Ice/Inline Players
- Referees



**www.CompetitiveEdgeHockey.com**

## PRIVATE LESSON FORMAT

### Skills Evaluation

The initial lesson involves a comprehensive evaluation of the individual's hockey skills so that goals can be set and progress can be appropriately monitored.

- 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 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

## TESTIMONIALS

*"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 also offers the following services:

- Clinics
- Team Practices
- Off-Ice Training
- Camps
- Tournaments

