SKILLS THIS CAMP FOCUSES ON...

The focus FOR FORWARDS enrolling in this camp will be skills and high flow drills. We will work on techniques to improve your puck control, skating, passing, and shooting while incorporating overspeed skating for quickness.

Tools learned in this camp:

- Finding open ice
- What to do with and without the puck
- Positioning in all 3 zones - offensive, defensive, and neutral
- Being creative on 1 on 1, 2 on 1, 2 on 2, and 3 on 2
- When to shoot or pass
- Where to shoot for more scoring chances

If you are enrolling as A DEFENSEMEN, you will be learning proper technique for puck control, shooting, passing, backward skating, pivoting and transition balance for left to right.

Instruction will include:

- Front of net play
- Working the Corners
- Gap Control
- Puck protection
- How to use the stick
- Positioning
- When to jump up in the rush

For House, Bronze, and Silver players ONLY

DATES AND FEES

WEEK 1 JULY 12 - 16

WEEK 2 JULY 26 - 30

MITES
SQUIRTS
PEEWEES
BANTAMS
Only $400

Fee includes a jersey and lunch!

GENERAL INFORMATION

ICE TIME! ICE TIME! ICE TIME!

* 5 hours of Ice Time Per Day

ICE TIME - WHAT EVERYBODY NEEDS!

SCHEDULE

9:00 - 11:00	ICE TIME
11:00 - 12:20	LUNCH & GAMES
12:20 - 2:20	ICE TIME
2:30 - 3:30	SCRIMMAGE

For more information contact
Darren McClusky at 708.403.4231 x119

Ice Time Skills Camp – 2010
APPLICATION

NAME _____

STREET _____

CITY _____

STATE _____ ZIP _____

PHONE (H)_____(W)_____

BIRTH DATE _____ HT _____ WT _____

USA HOCKEY #_____

E-MAIL_____

09-10 TEAM_____

POSITION_____

JERSEY SIZE_____

CAMP YOU ARE ENROLLING IN (CIRCLE ONE)

MITE SQUIRT PEEWEE BANTAM

HOUSE BRONZE SILVER

WEEK YOU ARE ENROLLING IN: Week 1 Week 2 Both

METHOD OF PAYMENT

Please indicate the method of payment for $400 (per week) enclosed with Application:

❑ CASH ❑ CHECK ❑ CREDIT CARD

Amount Enclosed $ _____
All returned checks are subject to a $25 NSF fee
NOTE: Do not forward cash payments with mailed applications.

Make checks payable to: *Arctic Ice Arena*

Credit Card Users Only:
❑ Visa ❑ MasterCard ❑ Discover ❑ AmEx Exp. ___/___
CARD # | | | | | | | | | | | | | | | | |

_____ _____
Full Name of Cardholder (Please Print) Signature of Cardholder

Hold Harmless Agreement

I agree to release Arctic Ice Arena and any of its respective affiliates, owners, members, shareholders, subsidiaries, directors, officers, employees, and all agents from claims, actions, causes of actions, damages to or by the undersigned person, their parents/guardians for loss of injury resulting directly from the participation of such person in this program. I further agree to indemnify and save harmless such parties from claims, actions, damages or demands, from such participation in this program, including all costs and expenses incurred in defending any such claims or actions. I have read the release and understand this is a full final release of claims for injury and damages sustained in Arctic Ice Arena and have read over the agreement and understand the responsibilities I have assumed thereunder.

I also agree that my name and image may be used in perpetuity in any photographs, motion picture films, television broadcasts, and/or in any radio broadcasts of Arctic Ice Arena without payment of funds to holder in connection therewith.

Print Player Name **Signature**

Print Parent/Guardian Name **Signature**