



PROGRAM DESCRIPTIONS

Sunday Program (\$120.00):

This Program includes 7.5 Hours of On Ice Training focused on Player Conditioning, Skill Development, Individual Tactics, and Team Tactics. Each session will include a 30 Minute 3 on 3 Game to provide the players with an opportunity to reinforce their skills in Game-Like Competition. The Program will be limited to 30 Players and 2 Goalies per division. Players will be placed in a division according to skill and age bracket (Open to Novice, Atom, and Pee wee / Bantam age groups).

Pee wee / Bantam Week Long (\$320.00):

This Program is intended for players interested in playing Pee wee or Bantam Boys Travel Hockey. The program includes 20 Hours of On Ice Training focused on Player Conditioning, Skill Development, Individual Tactics, and Team Tactics. Controlled Body Checking will form an integral part of all portions of this program. Each session will include two 1 1/2 Hour instruction periods plus a 1 Hour 5 on 5 Game to provide an opportunity to reinforce player skills in Game-Like Competition. The Program will be limited to 30 Players and 2 Goalies.

For those who can't stay, player drop off will be at 12:45 PM and pick-up will be at 5:15 PM.

August "Week Long" (\$256.00):

This Program includes 16 Hours of On Ice Training focused on Player Conditioning, Skill Development, Individual Tactics, and Team Tactics. The Program will also include 8 Hours of Dry Land Training and 2 Hours of "Open Swim". Each day will include 3 Hours of on ice instruction and a 1 Hour Game to provide the players with an opportunity to reinforce their skills in Game-Like Competition. The Program is limited to 30 Players and 2 Goalies per division. Players will be placed in a division according to skill and age bracket (Open to Novice, Atom, and Pee wee age groups).

For those who can't stay, player drop off will be at 7:30 AM and pick-up will be at 4:00 PM. A mid morning nutritional snack will be provided but players are expected to bring a bag lunch. Suitable Dry Land Training attire and Bathing Suit are required.

All participants will be provided with one "Coach D's No Lollygagging Summer Hockey" Jersey.

HEAD INSTRUCTOR

Darren MacNaughton - "Coach D"

These sessions are designed to develop the fundamentals of hockey including skating, puck control, passing, shooting, and checking and are for all skill levels and players serious about improving. As always, the #1 Rule is have FUN, but NO LOLLYGAGGING!

Please Sign Me Up For:

- Checkboxes for: Sunday Program (\$120.00), Pee wee / Bantam Week Long (\$320.00), August Week Long (\$256.00), May 1st, 2010 Full Payment Discount (Save 10%), 2 or 3 Program Discount (Save 5%), Multiplayer Family 2nd Player Discount (Save 5%)

Cash or Cheque accepted. Deliver or mail to:

Coach D's Summer Hockey
641 O'Dell St., Sarnia, ON, N7V 4H7

Sunday Program:

- July 4, 11, 18, 25, and August 1 (RBC Centre)
• Novice (11:30 AM - 1:00 PM)
• Atom (1:00 PM - 2:30 PM)
• Pee wee / Bantam (2:30 AM - 4:00 PM)
• 7 1/2 Hours On Ice

Pee wee / Bantam Week Long:

- July 26 - 30 (RBC Centre)
• Pee wee / Bantam (1:15 PM - 5:15 PM)
• 20 Hours On Ice | Controlled Body Checking

August Week Long:

- August 3 - 6 (Mooretown Arena)
• Novice / Atom (8:00 AM - 4:00 PM)
• Atom / Pee wee (8:00 AM - 4:00 PM)
• 16 Hrs On Ice | 8 Hrs Dry Land | 2 Hrs Swim

FOR INQUIRIES CALL
DARREN or CINDY
MACNAUGHTON
AT (519) 383-6178

OR E-MAIL 3JT@COGECO.CA

PARTICIPANT NAME: \_\_\_\_\_

D.O.B.: \_\_\_\_\_

AGE: \_\_\_\_\_ MALE/FEMALE: \_\_\_\_\_

PARENT/GUARDIAN: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_

WORK PHONE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PREVIOUS TEAM (H/L, AE, REP, A/AA, AAA): \_\_\_\_\_

POSITION PLAYED: \_\_\_\_\_

MEDICAL CONDITIONS: \_\_\_\_\_

In signing this application, the parent or legal guardian certifies that the instructors, helpers, or the skating rink will not be held responsible for any accidents or loss of personal property, however caused, and agrees to release them from all claims or damages which may arise as a result of such accident or loss. I, the parent or legal guardian of the participant, hereby give you permission to seek out any necessary medical assistance the applicant may require while attending the program. In signing this application, the applicant / parent / legal guardian acknowledges that he / she has read and understands these conditions.

SIGNATURE OF PARENT OR LEGAL GUARDIAN

DATE