

REGISTRATION FORM

Player name: _____

Position: Forward Defense Goalie
(please circle)

Date of birth: _____

Parent's names: _____

Address: _____

City: _____ Zip: _____

Phone #1: _____

Phone #2: _____

E-mail: _____

(E-mail is our primary form of communication. If you prefer regular mail, please let us know.)

The undersigned hereby acknowledges and understands that each player is voluntarily participating in activities that involve risk of injury which might result not only from their actions, inactions or negligence, but the actions, inactions or negligence of others, the rules of play, the conditions of the premises or any of the equipment used. This includes any risks not reasonably foreseeable to Impact Hockey.

I assume the foregoing risks as a condition of participation and accept personal responsibility for the damages following any such injury.

I unconditionally release, waive and consent not to sue Impact Hockey or its employees for any and all liability to the undersigned.

I hereby give permission of images of my child, captured during regular and special Impact activities through video, photo and digital camera to be used solely for the purposes of Impact Hockey promotional material and publications, and waive any rights of compensation or ownership thereto.

SCHEDULE/FEEES

June 15-July 30 (off the week of July 5th)

June 15 – July 30, 2010

Tuesdays and Thursdays — Training Days

Boys

Squirt — Tuesdays and Thursdays

On Ice: 9:00 AM–10:00 AM Dryland: 10:15 AM–11:15 AM
Fee: \$375

PeeWee — Tuesdays and Thursdays

On Ice: 10:15 AM–11:15 AM Dryland: 9:00 AM–10:00 AM
Fee: \$375

Bantam — Tuesdays and Thursdays

On Ice: 11:30 AM–12:30 PM Dryland: 10:15 AM–11:15 AM
Fridays–1 hour scrimmage @ 11:30 AM
Fee: \$475

Girls

U10 & U12 (1st Yr) — Tuesdays and Thursdays

On Ice: 12:45 PM–1:45 PM Dryland: 2:00 PM–3:00 PM
Fee: \$375

U14 & U12 (2nd Yr) — Tuesdays and Thursdays

On Ice: 2:00 PM–3:00 PM Dryland: 12:45 PM–1:45 PM
Fee: \$375

Mites—Mondays and Wednesdays

Mites/U6/U8— Mondays and Wednesdays

June 15-July 30 (off the week of July 5th)
On Ice: 3:15 PM–4:15 PM Dryland: 2:00 PM–3:00 PM
Fee: \$375

Goalies

Professional goalie instruction. Goalie-specific training on-and-off ice. All levels except Mite, U6 and U8. Same fees as listed above.

core skills
SUMMER TRAINING PROGRAM

Powered by:



and the Maple Grove HS Varsity Hockey Staff

SUMMER 2010

MGCC Ice Arena

or register online at
impacthockeytraining.com

Questions? 952.545.PUCK (7825)
Email: ogie@impacthockeyplayers.com
impacthockeytraining.com

Register online at
impacthockeytraining.com

We challenge players to reach their true potential, one player at a time.

Impact Hockey helps players develop skills that will give them confidence in their game.

CORE SKILLS

— Skating —
— Puck Control —
— Shooting —
— Thinking —

- #1 SKATING** is the foundation that we build from. Lay the groundwork today for the demands that the next level will bring.
- #2 PUCK CONTROL** becomes easy after practicing with limited time and space.
- #3 SHOOTING** correctly and quickly will allow players to improve scoring percentage.
- #4 THINKING** the game — learn to anticipate where the play is going to be, instead of reacting to where it is now.



Impact Hockey blends dynamic skill drills with small game situations to create an atmosphere that is fun and developmental.

*In school, a student tends to improve test scores through studying.
Not by simply taking more tests.
In hockey, a player tends to improve game skills through practicing.
Not by simply playing more games.*

INDIVIDUAL ATTENTION

There will be a maximum of 24 skaters per group, with a **6-to-1** player-to-instructor ratio.

There will be a maximum of four goalies per group, with a **4-to-1** player-to-instructor ratio.

EXPERT INSTRUCTION

Impact Instructors are experts at connecting with young players and showing them how to improve their game.

ON ICE

Players are separated by ability into small group stations. Each session is broken down into thirds, with a focus on the following core skills:

SKATING	PUCK SKILLS	POND HOCKEY
posture/balance	head up	creativity
full extension	quick hands	competition
full recovery	quick shot	anticipation
turns/transitions	accurate shot	quick transition

OFF ICE

Players are separated into stations, with a 20 minute focus on each of the following core skills:

SHOOTING	PUCK SKILLS	SPEED/AGILITY
flex/curve lesson	head up	explosion
grip/hand position	quick hands	balance
eyes-up accuracy	puck protect	flexibility
quick release	pass & receive	core strength

MGCC ICE ARENA

All sessions will be held at the MGCC Ice Arena.

- NHL 200' x 85' Ice Sheet
- Stick Handling Circuit
- Obstacles/rebounders for puck skills
- Shooting Zone
- Record Boards for top scores at each level
- Plyometric Tubes/Benches/Boxes
- Russian Boxes
- Stride Boards
- Speed/Agility Ladders
- Fully Equipped Weight Training Room

Questions? 952.545.PUCK (7825)
Email: ogie@impacthockeyplayers.com

REGISTRATION FORM

Please **circle** which level your son/daughter will play in next hockey season (2010/2011):

Bantam	U14
Peewee	U12 (2nd Yr)
Squirt	U12 (1st Yr)
Super Mite	U10
Mite	U8
	U6

June 15 – July 30, 2009

PAYMENT

Total enclosed payment: _____

Please make checks payable to **Impact Hockey** and mail to the address below. If you wish to pay with Visa or MasterCard, please fill in card information below.

Credit Card #: _____

Exp. Date: _____ CVS#: _____
(CVS# is the last three digits on the back of your card)

Mail this form along with payment to:

Impact Hockey
PO Box 26271
Minneapolis, MN 55426

or register online at
impacthockeytraining.com