

Hockey Camp

August 16-20, 2010

Get a jump on the 2010/2011 season by improving your skills under the direction of Rafe Aybar and Kristi Lundgren, with guest coaches daily.

Off Ice will be run by Athletic Republic and will include the Hockey Treadmill and Plyometrics.



AGE GROUP	APPROX TIME AT RINK	COST PER PLAYER
Mites	7:45 am to 11:45 am	\$395
Squirts	9:00 am to 1:00 pm	\$395
PW	12:30 pm to 4:30 pm	\$395
Girls	1:45 pm to 5:30 pm	\$395
Bantam	5:15 pm to 8:20 pm	\$295
Goalies	(same time as your level)	On Ice FREE*, Off Ice \$35

SCHEDULE	ON ICE	OFF ICE
MITES	8:10 am to 9:10 am & 10:30 am to 11:30 am	9:20 am - 10:20 am
SQUIRTS	9:20 am to 10:20 am & 11:40 am to 12:40 pm	10:30 am - 11:30 am
PW	12:50 pm to 1:50 pm & 3:10 pm to 4:10 pm	2:00 pm - 3:00 pm
GIRLS U10-U12	2:00 pm to 3:00 pm & 4:20 pm to 5:20 pm	3:10 pm - 4:10 pm
BANTAM	5:30 pm - 7:00 pm	7:15 pm - 8:15 pm

First 4 goalies from each age group free for on ice.. Goalies **MUST register.*

Tear here and mail with payment to North Shore Ice Arena

Register online at www.northshoreicearena.org!



Player Name _____ DOB _____

ParentsName(s) _____

Address _____

Phone # _____

E-mail Address _____

I recognize and acknowledge that there are certain risks of physical injury to participants and I agree to assume the full risk of any such injuries, damages or loss regardless of the severity which I or my participants may sustain as a result of participating in any such activities associated or connected with such ice rental. I waive and relinquish all claims my participants or I may have against the North Shore Ice Arena, Club Sports Consulting Group and its officers, agents, servants and employees as a result of participating.

Parent Signature _____

Circle Session: Mite Squirt PW Girls Bantam Check here if you're a goalie