

Registration

Player Name: _____

Address: _____

City: _____ Zip: _____

Parent/Guardian: _____

Home Phone: _____

Email: _____

DOB: _____ Age: _____ Grade: _____

Insurance Co. _____

Policy # _____

2009-2010 Level of Competition

HS _____ V _____ JV _____

U14 1st yr _____ 2nd yr _____

U12 1st yr _____ 2nd yr _____

U10 1st yr _____ 2nd yr _____

Position Played: _____

Please Read Before Signing

I hereby acknowledge that my child is medically fit to participate in the hockey camp. I authorize the director to secure any medical treatment necessary & waive & release the camp from any & all liability for any injuries.

Signed _____

Date _____

Please return this portion with your payment

Program Cost:

18 hours on ice and 12 hours of dryland training.

Grades 7-12 - \$375

Registration form and fee due on or before May 28th, 2010. No player will be allowed on the ice without fees paid and all forms turned in.

Make Checks Payable to:

Fire and Ice Summer Training

Mail to: Fire and Ice Hockey
c/o Ryan Rice
8340 Grace Court
Victoria, MN 55386

For more info:

Call Ryan Rice: 952-237-7384
or
email: rrice73@gmail.com

What does the fee cover?

On ice skills training

Dryland training

Jersey

Summer Training Staff:

Ryan Rice--HF/Waconia Girls Head Coach

Pat Furlong—HF/Waconia Girls Asst. Coach

Laura Root – HF/Waconia JV/Goalie Coach



HF /Waconia 2010

FIRE and ICE

Summer Training

Victoria Field House

Tuesday and Thursday

June 15th-July 29th

(no hockey July 1st- 7th)

Summer 2010

FIRE and ICE

FIRE and ICE

Curriculum

- Power Skating Instruction
- Shooting instruction
- Skill development practices
- Game situation drills
- Controlled scrimmages
- Plyometrics –
Agility and balance
- Off ice-Stick Handling and
Shooting

2010 Schedule

HS/U14/U12 (Grades 7-12)

On-Ice 9:00am-10:30am Tu-Th

Dryland 10:45-11:45am Tu-Th

Why ***FIRE and ICE*** for
my daughter?

- Summer training is a 7 week development program as opposed to a four or five day camp.
- A chance for future high school players to work with member of the high school coaching staff
- Structured on & off ice summer development program
- Players are taught proper techniques for off ice training which can be used for hockey and other sports. Players will become more flexible, stronger and have better balance and agility.
- Players will receive quality repetition over the summer.
- Players will be taught aggressive edge work and puck handling skills. They will be asked to work outside of their “comfort zone.”
- The opportunity to have fun and to become a better hockey player during the off season.

Location

Victoria, MN

Facilities

The hockey school will take place at the Victoria Field House. We will be on-ice and also doing dryland within the building grounds.

Deposit

A required deposit of 50% is due on or before May 28th. The remaining balance is due before the first session on June 15th. After the start of the sessions a refund will only be given with a medical release.