

2016 Off Season Program

Female Game Awareness Camp

May 10: Millennium Place 815-930 pm
May 17: First Line Training
May 24: First line Training
May 30: Millennium Place 645-800 pm
May 31: First Line Training
June 6: Millennium Place 645-800 pm
June 7: First Line Training
June 13: Millennium Place 645-800 pm
June 14: First Line Training
June 16: Glen Allan Rec Center 630-730 pm
June 21: First Line Training
June 23: Millennium Place 730-830 pm
June 28: First Line Training
July 5: Glen Allan Rec Center 630-745 pm
July 7: First Line Training
July 12: First Line Training
July 13: Glen Allan Rec Center 600-715 pm
July 14: First Line Training
July 19: First Line Training
July 20: Glen Allan Rec Center 600-715 pm
July 21: First Line Training
July 26: First Line Training
July 27: Millennium Place 500-615 pm
July 28: First Line Training

Program Details

212 Hockey's Game Awareness Camp is designed to educate the player on how to play without the puck both from an offensive and defensive perspective. There is a strong skill development base to this program that is designed to enhance puck skills, puck support and puck movement abilities. The players will also be introduced to game situation simulation drills, in order to educate them on team tactics.

In addition, players will have to incorporate their new or enhanced skills into an array of small-area games that require offensive awareness and competitiveness at game speed.

There will also be a body contact component and emphasis on shooting technique specifically for the female players.

This camp is limited to 25 skaters, by limiting the number of skaters, players will compete with the proper work-to-rest ratio, while having the optimal number of repetitions to experiment and refine their new skills.

Limited
Space
\$600.00
Deposit

\$1200.00



www.firstlinefitnesstraining.com

13301 RR232, Edmonton

Who is this program for?

Athletes who are preparing to play Bantam or Midget AAA in the fall. There are limits to how many athletes per age category will be accepted. There is an application process. We will review the application before the player will be admitted into the program. Upon receipt of FULL registration fee payment and all registration/application forms, you will be notified of acceptance into the program or not.

Who is 212 Hockey Skill Development?

Sean Beissel – Fort Saskatchewan Rangers Midget AAA HC

Fran Gow – Hockey Alberta Coach Mentor

Tara Swanson – Edmonton Thunder Midget AAA AC

Barry Medori – Hockey Alberta High Performance Coach Mentor

Jory Stuparyk – Edmonton Oil Kings

Phil Daly – FirstLine Training

212 Hockey Game Awareness Camp **2016**

Registration Form

All players will receive a jersey.

Players Name: _____

Parents Names: _____

Address: _____

Phone: _____

Email: _____

DOB: _____ Position: _____

2015 Winter Team: _____

\$1200.00 Registration Fee

paid via:

Check number: _____ (Make Checks payable to 212 Hockey Skill Development)

Paid Cash: _____

212 Hockey Skill Development reserves the right to alter or cancel programs at any time.

212 Hockey Skill Development reserves the right to remove participants from the program with no refund.

No cancellations will be accepted after April 1.

In consideration of the benefits conferred by acceptance of this application, we the undersigned agree to release, remise, hold and save harmless 212 Hockey Skill Development, their officers, members, servants, agents, instructors, supervisors and successors, from any and all claims whatsoever nature engaged in and all sports activities and kind, including bodily injury, death and property damage, sustained by us, or the above named player while engaged in and all sports activities, competitions, exhibitions, contests, and practices promoted by 212 Hockey Skill Development, or while traveling thereto or there from.

Signature: _____

REGISTRATION FORMS AND PAYMENT

MAILED TO:

212 HOCKEY SKILL DEVELOPMENT
12703 107 Street
Edmonton, Ab.
T5E4V1

SCANNED AND EMAILED TO:

coachbiss15@gmail.com

DROPPED OFF AT:

Donnan School Hockey Office
7803 87 Street
Edmonton, Ab.