

REGISTRATION FORM

“Skills Plus Hockey”
259 Stanley Dr., Waterloo, ON N2L 1H9

Name: _____

Address: _____

City: _____ Postal: _____

Birth Date: _____ Gender: Male / Female
CIRCLE

Parent Name(s): _____

Tel: H _____ W _____

Email Address: _____

Level: AAA / AA / A / MD / Select / House League Goalie?: Yes / No
CIRCLE

Medical Information (i.e. allergies, asthma, etc.)

In consideration of the acceptance of the applicant in Skills Plus Hockey, the Applicant and/or Parent(s)/Guardian(s) on behalf of the Applicant, for herself/himself, his/her heirs, executors, administrators, and personal representatives hereby waive any claims to which the Applicant may become entitled for accident, injury, loss or damage and do release Skills Plus Hockey Inc., its owners, officers, directors, agents, and employees from any claims for accident, injury, loss, or damages suffered by the Applicant as result of the Applicant's participation in Skills Plus Hockey notwithstanding any such accident, injury, loss or damages may have risen by reason of the negligence of any one or more of the aforementioned parties. The Applicant, or Parent(s)/Guardian(s) on behalf of the Applicant, hereby states that the Applicant is in proper physical condition to participate in Skills Plus Hockey and is aware that participation could, in some circumstances, result in physical injury.

Signature: _____

Date: _____ Print Name: _____

Please identify the selected program(s) by circling the appropriate number(s).

Weekly Child Sessions: 1 2 3 4 5 6 7 8

Weekly Youth/Adult Sessions: A1 A2 A3 A4

Weekly Goal Scoring / Goaltending:

G1 G2 G3 G4 G5 G6

Weekly Poised Defenseman:

PD1 PD2 PD3 PD4 PD5 PD6 PD7 PD8

March Break Camps: MB1

PPPK

MBA MBB MBC MBD

BC CAMP

See registration details and discount options on the opposite page.

HOW TO REGISTER

Please complete the application form & send it along with payment to 259 Stanley Drive, Waterloo, Ontario N2L 1H9. Your cancelled cheque is confirmation of registration. Please make cheque(s) payable to Skills Plus Hockey Inc. (\$50 admin. fee charged for cancellations).

What happens if you can't make your scheduled session on a particular week? Contact Eric. We are very flexible and you can participate in a different session if you miss yours!

Discounts for Weekly Programs – \$20.00 off the total if registered in both Fall & Winter programs before start of fall program. \$10.00 off for each additional child from the same family.

March Break Camp Discount – \$15 discount if registered before February 14th

March Break Camps – Camp information packages will be mailed out 2 weeks prior to camp. Skills Plus Hockey Inc. reserves the right to re-align the camp age categories due to variations in program demand.



“Hi Eric! I love your program. Thanks for setting up such a great time of skills. I'm on the Tuesday night 8p.m. adult roster - I can skate, but have only been in hockey equipment with a stick in hand since I started with you on June 8!!! Your program is EXACTLY what I needed and I'm finding it super.” D.U.

SPONSORSHIP AND PARTNERSHIPS

Skills Plus Hockey Inc. is proud to sponsor the following local hockey organizations:

- Waterloo Siskins
- Kitchener Dutchmen
- Waterloo Wolves Minor Hockey Association
- Waterloo Ravens Girls Minor Hockey Association
- Kitchener Minor Hockey Association

Skills Plus Hockey Inc. is proud to offer programs in partnership with the following local organizations:

- Waterloo Ravens Girls Minor Hockey Association
- Woolwich Minor Hockey Association
- Kitchener Minor Hockey Association
- KW Women's Hockey League

HEAD INSTRUCTOR PROFILE

Eric Calder - B.A., NCCP HP II, Dip. B. Admin, Can-Fit-Pro PT

Coaching experience: Eric is a Certified NCCP High Performance 2 Coach with NCCP Level 3 Theory from Hockey Canada and a Can-Fit-Pro Certified Personal Trainer. He has been one of the most sought-after instructors in the area for many years. His professional coaching includes Canadian University, Junior B, Elite Professional and Junior hockey in Europe, and 11 years with Skills Plus Hockey, along with many years of Minor Hockey. Eric has lectured on Hockey Theory at Wilfrid Laurier University since 2004.

Scouting experience: Eric has been involved in elite hockey selection as an OHL scout and with the U17 and U16 Evaluation camps.

Playing experience: 11 years of professional hockey including NHL / AHL and elite professional hockey in Europe. Awards and championships include two-time Club European Cup Finalist, CIAU All-Canadian, Memorial Cup Champion, and Canadian MVP of World Junior Championships.

“My son Eric is new to your program. Last night was his 2nd session with you, were new to Kitchener. I wanted to let you know he loves your camp. He needs to work on shooting so this is perfect for him. I too am impressed, I have never seen the wireless mic used, works great. The drills and use of ice space is perfect keeping everything going non-stop.” G.E.

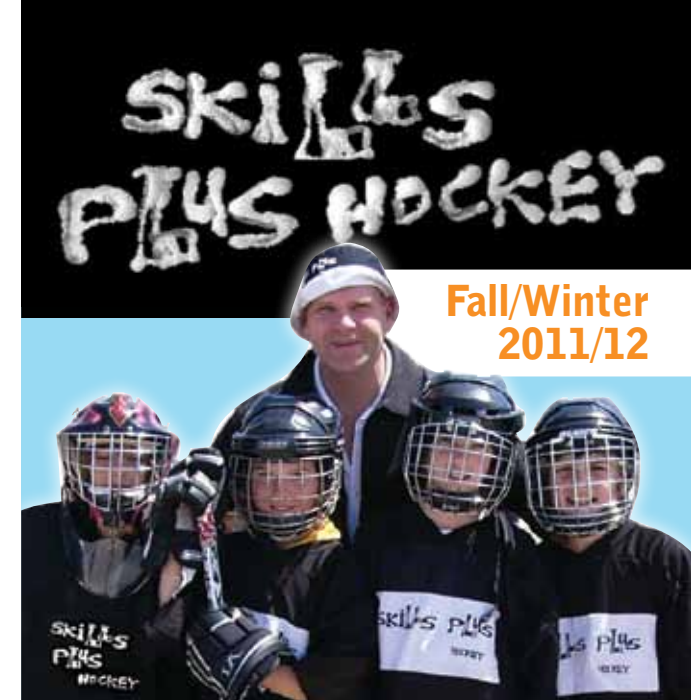
EXPERIENCED STAFF

Skills Plus instructors are highly trained athletes with a wealth of experience. Our staff has a high level of proficiency and is able to demonstrate each skill at an elite level. We use correct technique, giving our students a good visual image of the different skills being taught. To maintain a successful teaching environment, Skills Plus utilizes a balanced player-to-instructor ratio (approximately 4:1).

THE “SKILLS PLUS” PHILOSOPHY

“Skills Plus” programs are designed to enhance a Player's level of skill, increase his/her knowledge of the game, and improve his/her physical fitness. Participation in these programs will promote all around development and will encourage the “fun” aspect of sport. Our training format keeps everyone active throughout, thereby maximizing skill development time. Each player is grouped according to his or her particular level of development, allowing individuals to be challenged and still remain confident amongst peers.

Goalies receive 15 minutes of personalized goalie instruction during the power skating segment of the program, along with further instruction during the stations and mini-games.



Get an edge on your skills

WEEKLY HOCKEY SCHEDULE

- Skills Sessions for Children with 3-on-3 Hockey
- Specialized Goaltending & Goal Scoring Sessions
- Poised Defenseman Sessions
- Adult & Youth Skills Sessions

MARCH BREAK 1/2 DAY CAMPS

- All Levels Skills Training
- Power Play / Penalty Kill Training
- Poised Defenseman
- Body Checking Camp for Tryouts

Half Day Camp at Albert McCormick Arena in Waterloo



519-570-3617
skillsplushockey@rogers.com
www.skillsplushockey.com

SPECIALIZED WEEKLY PROGRAMS

GOAL-SCORING/ GOALTENDING

Wednesdays 4:30 to 5:20 p.m. at Albert McCormick Arena
Geared towards the advanced player, this is an intense shooting and goaltending session. Each of the 3 groups each uses 1/3 of the ice. Goaltenders will be taught the modern butterfly technique in a multitude of different save scenarios and will work on their conditioning. Goal scorers will focus on perfecting the various types of shots in a multitude of different scoring scenarios.

Enrollment is limited to 8 skaters and 3 goalies per group.

FALL PROGRAMS:

Cost: Goal Scorers \$229, Goalies \$139 HST included

G1: Group 1 Born in 2001-2003

G2: Group 2 Born in 1999-2001

G3: Group 3 Born in 1998-Adult

Oct. 12, 19, 26 Nov. 2, 9, 16, 23, 30 Dec. 7, 14, 21

WINTER PROGRAMS:

Cost: Goal Scorers \$229, Goalies \$139 HST included

G1: Group 1 Born in 2001-2003

G2: Group 2 Born in 1999-2001

G3: Group 3 Born in 1998-Adult

Jan. 11, 18, 25 Feb. 1, 8, 15, 22, 29 Mar. 7, 21, 28

POISED DEFENSEMAN

Thursdays 4:30 to 5:20 p.m. at Albert McCormick Arena

Defensemen in today's game need to escape pressure with speed, pass quickly with accuracy, shoot with power, and contain opponents through agility, quick feet, and precision pivoting. Come and learn about the individual skills and tactics necessary to excel as a modern day defenseman. Each of the four groups will work separately through skating exercises and skills and tactical drills designed to elevate your game. Enrollment is limited to 6 skaters per group.

Teams: If you are interested in enrolling an entire team's defence for the Poised Defenseman Program, contact Eric for a special rate.

FALL PROGRAMS:

Cost: \$249 HST included

PD1: Group 1 Born in 2002-2004

PD2: Group 2 Born in 2000-2002

PD3: Group 3 Born in 1998-2000

PD4: Group 4 Born in 1998-Adult

Oct. 13, 20, 27 Nov. 3, 10, 17, 24 Dec. 1, 8, 15, 22

WINTER PROGRAMS:

Cost: \$249 HST included

PD5: Group 1 Born in 2002-2004

PD6: Group 2 Born in 2000-2002

PD7: Group 3 Born in 1998-2000

PD8: Group 4 Born in 1998-Adult

Jan. 12, 19, 26 Feb. 2, 9, 16, 23 Mar. 1, 8, 22, 29

WEEKLY PROGRAMS FOR CHILDREN

At Albert McCormick Arena

An excellent program for your child to learn and practice the individual skills needed to prevail in game situations. The program follows our "Skills Plus" philosophy; each ice time is designed to enhance and define the skills needed to succeed. Participants begin with power skating and then rotate in small groups through stations working on individual skills such as skating, shooting, passing, dekes and stick handling. Each session has a specific focus and progresses over the course of the program. In later sessions we introduce individual and team tactics. The final component of each session is intense games of 3-on-3 in small groups. This training format keeps everyone active throughout, thereby maximizing skill development time.

Goaltending instruction provided. Goalies receive 15 minutes of personalized training during the power skating segment, along with further instruction during the stations and mini-games.

Please note: The Winter Program is similar to the Fall Program in that it remains skills oriented but there will be an increased focus on the third principle of teaching hockey, which is "offensive and defensive team tactics." There will be several drills at the various stations that focus on working with a teammate or teammates.

Teams: If you are interested in enrolling an entire team for the one of the programs, contact Eric for a special rate.

FALL PROGRAMS:

After School 4:30 – 5:20 p.m.

1 Mondays Born in 2001 to 2006

Cost: Player \$190, Goalies \$99 HST included

Oct. 17, 24, 31 Nov. 7, 14, 21, 28 Dec. 5, 12, 19

2 Tuesdays Born in 1998 to 2002

Cost: Player \$209, Goalies \$99 HST included

Oct. 11, 18, 25 Nov. 1, 8, 15, 22, 29 Dec. 6, 13, 20

3 Friday Born in 2000 to 2004

Cost: Player \$190, Goalies \$99 HST included

Oct. 7, 14, 21, 28 Nov. 11, 18, 25 Dec. 2, 16, 23

Before School 6:50 – 7:40 a.m.

4 Wednesdays Born in 1998 to 2004

Cost: Player \$199, Goalies \$99 HST included

Oct. 12, 19, 26 Nov. 2, 9, 16, 23, 30 Dec. 7, 14, 21

WINTER PROGRAMS:

After School 4:30 – 5:20 p.m.

5 Mondays Born in 2001 to 2006

Cost: Player \$190, Goalies \$99 HST included

Jan. 9, 16, 23, 30 Feb. 6, 13, 27 Mar. 5, 19, 26

6 Tuesdays Born in 1998 to 2002

Cost: Player \$209, Goalies \$99 HST included

Jan. 10, 17, 24, 31 Feb. 7, 14, 21, 28 Mar. 6, 20, 27

7 Friday Born in 2000 to 2004

Cost: Player \$190, Goalies \$99 HST included

Jan. 13, 20, 27 Feb. 3, 10, 17, 24 Mar. 2, 9, 23

Before School 6:50 – 7:40 a.m.

8 Wednesdays Born in 1998 to 2004

Cost: Player \$199, Goalies \$99 HST included

Jan. 11, 18, 25 Feb. 1, 8, 15, 22, 29 Mar. 7, 21, 28

WEEKLY ADULT & YOUTH PROGRAMS

Noon and Evening Programs

The adult and youth programs follow our "Skills Plus" philosophy and are a great weekly workout. Use it as a supplement to your regular team hockey or to add a stimulating challenge to your fitness activities. Beginners and experienced players will all benefit. The participants begin with power skating and then rotate in small groups through stations working on individual skills such as shooting, passing, dekes and stick handling. Adults may also register for the Goal Scoring program (G3 or G6) and Poised Defenseman (PD4 or PD8). Adult / Youth players are born in 1997 and earlier.

Please note: The Winter Program is similar to the Fall Program in that it remains skills oriented but there will be an increased focus on the third principle of teaching hockey, which is "offensive and defensive team tactics." There will be several drills at the various stations that focus on working with a teammate or teammates.

FALL PROGRAMS:

A1 Sunday evenings 9:00 – 9:50 p.m. at RIM PARK

All Levels - 11 ice times, Player \$239, Goalies \$119 HST incl.

Oct. 2, 16, 23, 30 Nov. 6, 13, 20, 27 Dec. 4, 11, 18

A2 Tuesdays at noon 12:00 – 12:50 p.m. at McCormick

All levels - 12 ice times, Player \$209 HST incl., Goalies (Free)

Oct. 11, 18, 25 Nov. 1, 8, 15, 22, 29 Dec. 6, 13, 20

WINTER PROGRAMS:

A3 Sunday evenings 9:00 – 9:50 p.m. at RIM PARK

All Levels - 11 ice times, Player \$239, Goalies \$119 HST incl.

Jan. 8, 15, 22, 29 Feb. 5, 14, 26 Mar. 4, 18, 25, April 1

A4 Tuesdays at noon 12:00 – 12:50 p.m. at McCormick

All levels - 12 ice times, Player \$209 HST incl., Goalies (Free)

Jan. 10, 17, 24, 31 Feb. 7, 14, 21, 28 Mar. 6, 20, 27

"I just wanted to send you a quick thanks for accommodating K and allowing him to join your camp last week! As usual, he had a blast and totally enjoyed the program. We are totally "in" again for the March Break camp and my nephew from Parry Sound will also be coming. You do a fantastic job at organizing and running your programs so that the kids are learning and busy at all times." M.L.

Coming This Fall:

Video Analysis For Skating and Shooting
please go to the website for details.

QUESTIONS?

Contact Eric at (519) 570-3617
email: skillsplushockey@rogers.com

MARCH BREAK 1/2 DAY HOCKEY CAMPS

All Levels Skills Training: March 12 – 16, 2012
At Albert McCormick Arena

Players \$199, Goalies \$109 HST included

- 50-minute daily Skills Training ice session
- 50-minute daily 3-on-3 ice session
- 50-minute Off-ice Agility Training (Quick Feet)
- All Levels
- \$15 discount if registered before Feb. 14th

March Break camp offers two active ice times designed to enhance and define the skills needed to succeed. The first daily session involves power skating and skills agility training with and without the puck. The second daily session is intense small ice games in small groups.

The off-ice agility training (Quick Feet) session combines fun and fitness through of variety of hockey-related agility exercises designed to enhance an athlete's quickness and core strength.

MB1 Born in 2001 and 2006 8:00 am to 11:50 am

Power Play / Penalty Kill Training: March 12 – 16, 2012
At Albert McCormick Arena for Rep Players

Cost \$249

- Two full 50-minute ice times daily, 10 players per group (see Website for Description)
- Quick Feet off-ice training

PPPK Group 1 Born in 2001-2002 9:00am to 12:45pm
PPPK Group 2 Born in 1998-2000 9:00am to 12:45pm

1/2 Body Checking Camp for Tryouts: March 12 – 16, 2012
At Albert McCormick Arena

Cost \$249

- Two full 50-minute ice times daily teaching the aspects of body checking
- Quick Feet off-ice training (see reverse side for info)

BC CAMP Born in 2001-2000 12:00pm to 3:50pm

1/2 Day Poised Defenseman: March 12 – 16, 2012
At Albert McCormick Arena

Cost \$249

- Two full 50-minute ice times daily, 6 players per group (see Poised Defenseman for Description)
- Quick Feet off-ice training

MBA Group 1 Born in 2002-2004 1:00pm to 4:45pm
MBB Group 2 Born in 2000-2002 1:00pm to 4:45pm
MBC Group 3 Born in 1998-2000 1:00pm to 4:45pm
MBD Group 4 Born in 1998 & earlier 1:00pm to 4:45pm