

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

Weekly Youth/Adult Sessions: A1 AY1

Goal Scoring / Goaltending: G1 G2 G3

Junior Prospects: JP1

Prospect Weekly Training: PT1 PT2 PT3

PP/PK Training: PP/PKD PP/PKF

Poised Defensemen: PD1 PD2 PD3 PD4

Summer Camps: 1A 1B 2A 2B 2C 3A 3B 3C 4A

4B 5A 5B 5C 5D 6A 6B 6C 7A 7B 8A 8B 8C 8D

9 10A 10B 11 12A 12B 13A 13B 13C 14A 14B

See registration details and discount options on the opposite page.

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

SUMMER CAMPS

Each camp offers two active ice times designed to enhance and define the skills needed to succeed. 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. Each session has a specific focus and progress over the course of the week. In later sessions we introduce individual and team tactics. The final component of each session is intense small ice games. This training format keeps everyone active throughout, thereby maximizing skill development time

Goalies receive 20-minutes of specialized training at the start of each ice time with the goalie instructor (s).

The off-ice activities are designed to combine fun and fitness through a variety of sporting activities. The hockey/soccer camp provides the unique opportunity to receive daily professional instruction in two sports. The Rep level camps place a more intense focus on hockey-related fitness with the use of the Quick Feet dryland program to enhance core strength and the aerobic and anaerobic base needed to perform at a competitive level. The All Level Camps will also experience a Quick Feet program workout.

All summer camps are co-ed (except camp 12), with participants divided into sub-groups according to ability. The structure of the All Levels camps challenges both rep and house league players. Skills Plus Hockey Inc. reserves the right to re-align the camp age categories due to variations in program demand.

Please see the details for our many camps on the other side of this brochure.

Visit our Website to Read the
Testimonials and More Camp Info!
www.skillsplushockey.com

HEAD INSTRUCTOR PROFILE

Eric Calder

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.

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).

HOW TO REGISTER

Please complete the application form & send it along with payment to 259 Stanley Dr., Waterloo, N2L 1H9. Your cancelled cheque is confirmation of registration. Camp packages will be sent out three weeks prior to the start of camp. Please make cheque(s) payable to Skills Plus Hockey Inc. (admin. fee charged for cancellations). Medical reason needed.

Discounts:

\$10 off for each child from same family

\$15 off Weekly programs registered by Apr. 1st

\$20 off for Camps registered before May 1st

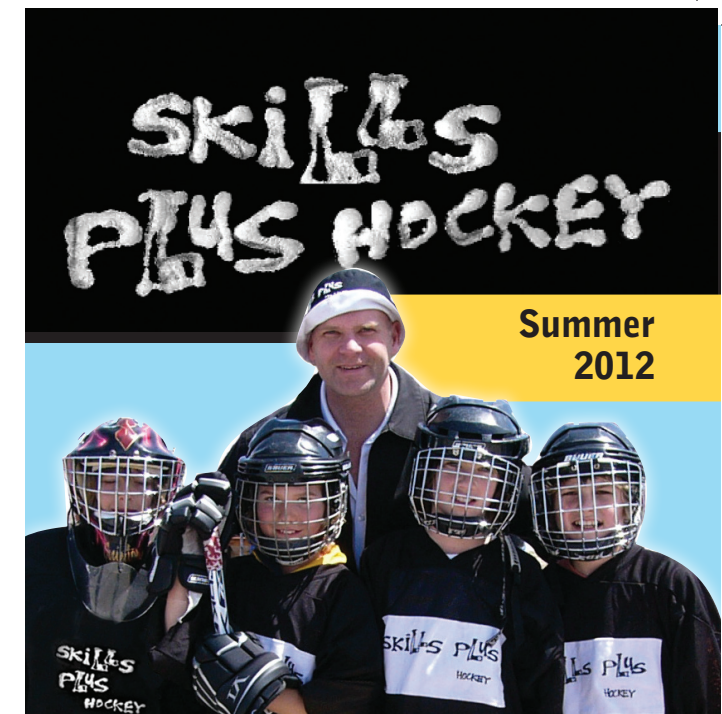
\$30 off same person registered in 2nd camp(s)

Goalies – 30% discount on Camps (except 2, 6 & 9)

Minimum registration requires a \$50 deposit and a post-dated cheque for balance payable one month prior to program start date.

QUESTIONS?

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



Get an edge on your skills

WEEKLY HOCKEY SCHEDULE

Skills with 3-on-3 Hockey
Elite Youth & Junior Prospects
Youth / Adult Skills Sessions
Poised Defenseman
Goaltending / Goal Scoring
Power Play / Penalty Kill

SUMMER CAMPS

WATERLOO:

Hockey / Soccer	½ Day Rep Advanced
Goal Scoring / Goaltending	Full Day All Levels
Elite Power Skating and Stickhandling / Shooting With	Evening Pre-Tryout for Midget and Major Bantam
Individual Video Analysis	Rep Small Ice Games
Full Day Rep Advanced	

KITCHENER:

Full Day All Levels
½ Day Poise Defensemen
Full Day Girls All Level

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

WEEKLY PROGRAMS

Children, Youth & Adults at RIM Park

Children This is an excellent program to develop your child's skills during the off-season in preparation for next fall. The youth program follows our "Skills Plus" philosophy; each ice time is designed to enhance and define the skills needed to succeed. 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. Each session has a specific focus and progress 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 (cost for goalies – \$109 incl. HST)

1 Born in 2002 to 2006 **Wednesdays: 5:00 – 5:50 pm**
Cost: \$219 (incl. HST) – 50 minutes; 10 ice times
May 23, 30, June 6, 13, 20, 27, July 4, 11, Aug 1, 8

Youth and Adults The Youth and Adult program follows our "Skills Plus" philosophy and is a great weekly workout. Use it as a supplement to your regular team hockey or to add a stimulating challenge to your fitness activities. See the children's description above for more details. Beginners and experienced players will all benefit. For players born in 1999 and earlier.

Cost: \$239 (incl. HST) – 10 ice times

Goaltending instruction (cost for goalies - \$119 incl. HST)

A1 All Levels **Wednesdays: 7:20 – 8:10 pm**
For players who are refining their skills at all speeds (beginners to experienced players)
May 23, 30, June 6, 13, 20, 27, July 4, 11, Aug 1, 8

ADVANCED YOUTH/ADULT

Tuesdays 8:00 to 9:30 pm at RIM PARK
Cost: \$339 (incl. HST) Goalies \$199 – 10 ice times

This program is a high-tempo 80-minute workout designed to help advanced players train the skills and tactics needed to take their game to the next level. The ice times consist of 45 minutes of skills development followed by a 35-minute scrimmage. The scrimmage is high-intensity with on / off line changes for maximum ice time (due to limited enrolment).

AY1 Born in 1998 and earlier
May 22, 29, June 5, 12, 19, 26, July 3, 10, 31, Aug 7

GOAL-SCORING / GOALTENDING

Wednesdays 7:10 to 8:10 pm at RIM PARK
Cost: \$259 (incl. HST) Goalies \$139 – 10 ice times

Geared towards the advanced player, this is an intense full 60-minute shooting and goaltending session. Each of the 3 groups uses 1/3 of the ice. Goaltenders will be taught the modern butterfly technique 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.
May 23, 30, June 6, 13, 20, 27, July 4, 11, Aug 1, 8

G1 Group 1 Born in 2001 - 2003
G2 Group 2 Born in 1999 - 2001
G3 Group 3 Born in 1998 to Adult

SPECIALIZED WEEKLY ELITE TRAINING PROGRAMS

JUNIOR PROSPECTS WITH INDIVIDUAL VIDEO ANALYSIS

Tuesdays 9:30 to 11:00 pm at RIM PARK
Cost: \$419 (incl. HST) Goalies \$209 – 10 ice times

12th annual program designed specifically for players attending training camps at Junior, University and Professional levels. High-tempo 80-minute workout in a competitive environment to complement your off-season training. The ice times consist of 50-minutes of skills training followed by a 30-minute scrimmage. The scrimmage is high-intensity with on / off line changes for maximum ice time (due to limited enrolment). Each player's forward skating (straight line, tight turns, and cross-overs) and shooting (wrist and slap shot) will be videoed and analyzed. The analysis will be voiced over, slow motioned, stop motioned and telestrated on a DVD and distributed to the player.

JP Born in 1996 and earlier
May 22, 29, June 5, 12, 19, 26, July 3, 10, 31, Aug 7
(skips July and August long-weekends)

PROSPECTS TRAINING WITH INDIVIDUAL VIDEO ANALYSIS

Sundays at RIM PARK
Cost: \$419 (incl. HST) – 10 ice times
Goaltending instruction (cost for goalies – \$209 HST)

This program is a high-tempo 80-minute workout designed to help rep players train the kills and tactics needed to take their game to the next level. The ice times consist of 50 minutes of skills development followed by a 30-minute scrimmage. The scrimmage is high-intensity with on / off line changes for maximum ice time (due to limited enrolment). Each player's forward skating (straight line, tight turns, and cross-overs) and shooting (wrist and slap shot) will be videoed and analyzed. The analysis will be voiced over, slow motioned, stop motioned and telestrated on a DVD and distributed to the player.

May 27, June 3, 10, 17, 24, July 8, 15, 22, 29, Aug 12
(skips July and August long-weekends)
PT1 Born in 2001 and 2002 **5:30 – 6:50 pm**
PT2 Born in 1999 and 2000 **7:00 – 8:20 pm**
PT3 Born in 1997 and 1998 **8:30 – 10:00 pm**

POWER PLAY / PENALTY KILL

For elite players born in 1997 and older
Wednesdays 9:20 to 10:20 pm at RIM PARK

Cost: \$299 per player (incl. HST) Goalies \$139 – 10 ice times

This program is structured to train the individual and team tactics necessary to perform the power play and penalty kill with enhanced understanding and performance. Anyone who wants to improve their opportunity to be a part of their team's specialty teams needs the knowledge and confidence to execute and succeed. We will learn and practice different power play and penalty kill systems in this program (15 minute controlled PP/PK scrimmage to finish each ice time. There are twelve forward and eight defenseman openings available, plus two-goalie positions.

PP/PKD 8 Openings
PP/PKF 12 Openings
May 23, 30, June 6, 13, 20, 27, July 4, 11, Aug 1, 8

POISED DEFENSEMEN

Wednesdays 6:00 to 7:00 pm at RIM PARK
Cost: \$289 (incl. HST) – 10 ice times

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 throughout 60-minutes of skill and tactical drills designed to elevate your game.

May 23, 30, June 6, 13, 20, 27, July 4, 11, Aug 1, 8
PD1 Group 1 Born in 2002 - 2004 (6 players)
PD2 Group 2 Born in 2000 / 2002 (6 players)
PD3 Group 3 Born in 1998 / 2000 (6 players)
PD4 Group 4 Born in 1998 to Adult (6 players)

SUMMER CAMPS

Please see the detailed descriptions on the reverse side of this brochure for more summer camp info and Quick Feet details! Late pick-up available upon request. Discounts: Camp 2 is 1/2 price if registered in any other camp. Goalies 30% discount on all Camps (except 2,3 & 6 – already discounted)

Camp 1 Full Day All Level Hockey/Soccer July 3 – 6
Cost: \$249 @ Columbia Icefields, U of W
• Two full 60-minute ice times daily & 3 swim days
• Daily soccer workout with Elite Athletes International
1A Born in 2003 - 2007 8:30 am to 4:15 pm
1B Born in 1998 - 2003 8:30 am to 4:15 pm

Camp 2 ½ Day Advanced Goal Scoring / Goaltending July 3 – 6
Cost: \$239 (Goalies \$109) @ Columbia Icefields, U of W
• Two full 50-minute ice times daily, 8 players per group (see Goal Scoring/Goaltending above for details)
• Quick Feet off-ice training (see reverse side for info)
2A: Group 1 Born in 2001 - 2003
2B: Group 2 Born in 1999 - 2001
2C: Group 3 Born in 1998 and older

Camp 3 Elite Power Skating and Stickhandling / Shooting With Individual Video Analysis Players A / AA/ AAA Levels or Higher July 30 – August 3

Cost: \$499 @ RIM Park, Waterloo
• Two Quick Feet off-ice trainings per day (see reverse side for info)
• One 40-minute daily power skate with Bob Mackowski (group of 15); go to website for bio on Bob
• One 80-minute daily puck control, stickhandling and shooting with Eric Calder and Bob Mackowski (group of 30)
• One 40-minute daily stretching / yoga (group of 15)
• Individual Video Analysis distributed to each player on a DVD: choose any three items: forward skating (straight line, x overs, tight turns), backward skating (straight line), shooting (wrist shot, slap shot)
3A Born in 2000 & 2001 8:00 am to 4:00 pm; A / AA/ AAA
3B Born in 1998 & 1999 8:00 am to 4:00 pm; A / AA/ AAA
3C Born in 1997 & older 9:30 am to 5:00 pm AA / AAA/ Junior / Pro

Camp 4 Full Day All Level Hockey / Sports August 7 – 10
Cost: \$259 @ RIM Park, Waterloo
• Two full 60-minute ice times daily & 2 swim days
• Daily off-ice activities (soccer, quick feet, dodge ball, etc.)
4A Born in 2003 - 2007 8:00 am to 4:15 pm
4B Born in 1998 - 2003 8:00 am to 4:15 pm

Camp 5 ½ Day Poised Defenseman August 7 – 10
Cost: \$249 @ RIM Park, Waterloo
• Two full 50-minute ice times daily, 6 players per group (see Poised Defenseman for details)
• Quick Feet off-ice training (see reverse side for info)
5A: Group 1 Born in 2002 - 2004(6 players)
5B: Group 2 Born in 2000 / 2002 (6 players)
5C: Group 3 Born in 1998 / 2000 (6 players)
5D: Group 4 Born in 1998 and older (6 players)

SUMMER CAMPS

Camp 6 Rep Small Ice Games August 7 – 10

Cost: \$229 (Goalies \$109) @ RIM Park, Waterloo
• Two full 50-minute ice times daily (see website for details)
• Quick Feet off-ice training (see reverse side for info)
• Enrollment is limited to 10 skaters and 2 goalies per group
6A: Group 1 Born in 2002 - 2004 1:30pm to 5:00pm
6B: Group 2 Born in 2000 - 2002 1:30pm to 5:00pm
6C: Group 3 Born in 1998 – 2000 1:30pm to 5:00pm

Camp 7 All Levels Day Camp / Sports August 13 – 17
Cost: \$339 @ Conestoga College, Kitchener
• Two full 80-minute ice times daily
• Daily off-ice activities (soccer, quick feet, dodge ball, etc.)
• 2 swim days & 1 mini-golf at Waterloo Golf Academy
7A Born in 2003 - 2007 8:15 am to 4:30 pm
7B Born in 1998 - 2003 8:15 am to 4:30 pm

Camp 8 ½ Day Poised Defenseman August 13 – 17
Cost: \$299 @ Conestoga College, Kitchener
• Two full 50-minute ice times daily, 6 players per group (see Poised Defenseman for details)
• Quick Feet off-ice training (see reverse side for info)
8A: Group 1 Born in 2002 - 04 1:00pm to 4:30pm
8B: Group 2 Born in 2000 / 02 1:00pm to 4:30pm
8C: Group 3 Born in 1998 / 00 1:00pm to 4:30pm
8D: Group 4 Born in 1998 & older 1:00pm to 4:30pm

Camp 9 ½ Day All Levels Hockey August 20 – 24
Cost: \$249 (\$109 for goalies) @ Albert McCormick, Waterloo
• Two 50-minute daily ice times (skills and 3-on-3 training)
• Daily off-ice activities (soccer, quick feet, dodge ball, etc.)
9 Born in 2002-2006 8:30 am to 12:30pm

Camp 10 1/2 Day Rep Advanced Camp August 20 – 24
Cost: \$299 @ Albert McCormick, Waterloo
• Two full 75-minute ice sessions daily
• Quick Feet off-ice training (see reverse side for info)
10A Born in 2002 - 2004 11:30 am to 4:15 pm
10B Born in 1999 - 2001 1:00 pm to 5:40 pm

Camp 11 Pre-Tryout Midget and Major Bantam Evening Camp August 20 – 24
Cost: \$299 (incl. HST) @ Albert McCormick, Waterloo
• Quick Feet off-ice training (see reverse side for info)
• Full 60 minutes on-ice skills training
• Full 60 minutes of scrimmage (tiered shifts)
11 Born in 1995 - 1998 4:15 pm to 8:00 pm

Camp 12 Full Day Girls All Levels Camp Aug 20 – 24
Cost: \$339 @ Activa Sportsplex, Kitchener
• Two full 80-minute ice times daily
• 2 swim days & 1 mini-golf at Waterloo Golf Academy
• Head Instructors: Ursula Benesch, Kathleen Smith, Erin Normore, & Sarah Wolfe (bios on website)
12A Born in 2003 - 2006 8:15 am to 4:30 pm
12B Born in 1997 and 2003 9:00 am to 5:00 pm

Camp 13 Full Day All Levels Aug 27 – 31
Cost: \$319 @ RIM Park, Waterloo
• Two full 70-minute ice times daily
• 2 swim days & 1 mini-golf at Waterloo Golf Academy
13A Born in 2005 - 2007 8:15 am to 4:30 pm
13B Born in 2002 - 2004 8:15 am to 4:30 pm
13C Born in 1997 - 2001 8:15 am to 4:30 pm

Camp 14 Full Day Rep Advanced Aug 27 – 31
Cost: \$339 @ Albert McCormick, Waterloo
• Quick Feet off-ice training (see reverse side for info)
• Two full 80-minute ice times daily
• 2 swim days & 1 mini-golf at Waterloo Golf Academy
14A Born in 2001 - 2003 8:15 am to 4:30 pm
14B Born in 1997 - 2000 8:15 am to 4:30 pm