# NORTH AMERICAN HOCKEY SYSTEMS, INC. SUMMER HOCKEY SCHOOL 2024

Player's Name:			Date of Birth:/Age:
Email:		Address:	
City:		State:	Zip:
		Day Phone:	
		, ages 7-15) Level:	Years Played:
<b>Location:</b>	Wed June 26 <sup>th</sup> – Sat June 29 <sup>th</sup> a: AMERI-CAN NORTH SPORTS CENTER, PLATTSBURGH, NY 4:00 pm - 6:00 pm Wed 9:00 am - 3:00 pm Thurs – Sat \$475		
	Jerseys included with tuition. Pleniversary Jersey and Socks (\$90): [ ]		
7144	Hockey School Fee Jersey Fee (if applicable)  Minimum Deposit of \$250	\$ \$	Subtract your deposit  Balance Due June 5 <sup>th</sup>
<b>PAYMENT</b>	Y FORM TO 518-281-4811 OR MA : USE QR CODE OR (CLICK HE) Y CHECK USE ADDRESS BELOV OOD AVE	<mark>RE)</mark> FOR CARD I	1-17
Players will	train in Full Hockey Gear		
•	provide their own lunch and snacks		
	LIABILITY, IMAG	ING, AND MEDICA	L RELEASE
Plattsburgh for an persons engaged a from and against a including without taken are the sole	s instructors or administrators in any programs in whic ill claims, liability, loss cost, damage and expenses whi limitation all claims he/she might have for personal inju	th he/she may be a participa ch may in any way arise ou ry or property damages to h	to use the Ameri-Can North Sports Center, y Systems, Inc., the owners, officers, agents, employees, and all ant, to indemnify and hold harmless, each and everyone of them at of, or in connection with, the use by him/her of such facilities, im/her or so arising. I understand that all video and photo images all and instructional media. I also give consent to administer first
Data	Signa	t	

Parent or Guardian

#### **Notice To Parents**

- \* It is common that 3 to 4 levels of players will train at the same time. Players will be grouped by skill level.
- \*After hockey school supervision is available upon request up to 30 minutes after ice time ends.
- \* Players with special medical needs must explain those needs in detail before acceptance.
- \* Behavior of the majority of players in our hockey schools has been great. Please take a moment to discuss the value of respectful behavior.

  Thank you!
- \* Players need to practice some stick/puck skills everyday! Do lots of shooting and various moves.
- \* Thank you for your interest and participation in our hockey school.

Coach Randall

# Typical Daily Schedule

## Wednesday 2 Hr Schedule

3:15 pm Arrival

4:00 pm Skating Development

4:55 pm Water Break

5:00 pm Stick & Puck Control

5:30 pm Passing Systems

6:00 pm Depart

#### Thu, Fri, Sat, 6 Hr Schedule

8:30 am Arrival

9:00 am Skating Development

10:15 am Resurface - Snack Break

10:30 am Stick & Puck Control

11:45 am Lunch Break

12:15 pm Passing Systems

1:30 pm Resurface - Snack Break

1:45 pm Scoring Systems/Games

3:00 pm Depart

#### **HOCKEY SKILLS EDUCATION**

For

### **HOCKEY PLAYERS**

Email: info@myhockeyskills.com

200 Oakwood Ave. Troy, New York 12182 Phn: 518-281-4811 Fax: 518-308-0280

#### Dave Randall's



# SUMMER HOCKEY SCHOOL 2024

\* 5 Hours On Ice Daily \*

*June* 26<sup>th</sup> – *June* 29<sup>th</sup>

**FOR AGES 7-15** 

# Ameri-Can North Sport Center \* Daily Program Includes \*

Balance & Control Footwork Skating
Front Stride System
All Stops System Stick/Puck Control
Progressive Passing
Body Contact Skills
Leadership Skills
Proper Mindset

And Much More!!!

A USA North East Year Round Hockey Skills School

SEE YOU ON THE ICE!

www.myhockeyskills.com

518-281-4811