

Registration Form 2010

First Name: _____

Last: _____

Parent's Name: _____

Address: _____

City: _____ PC: _____

Phone: () _____

E-mail: _____

Age: _____ Birth Date: _____

Male Female

Position Played: _____

Team Level: AAA AA A/Hub

BB B C

Select House No Experience

Please Select Program:

Program A - Sunday Morning League

Program B - Saturday Morning Girls'

I give approval for my child to participate in all activities and events of the Heads Up Sports Academy and do assume all risks, hazards and accidents to such participation. I do waive, release, absolve, indemnify and agree to hold harmless the Heads Up Sports Academy and its proprietor. I certify that the applicant is in good physical and mental health and able to participate in the physical activity of this vigorous program.

SIGNATURE OF PARENT OR GUARDIAN:

DATE: _____

PROGRAM B

SATURDAY MORNING GIRLS' 3 ON 3 HOCKEY LEAGUE

Directed by: Clayton Boxall

Dates:

May 22, 29 June 5, 12, 19, 26

July 3, 10, 17, 24 August 7, 14

Cost: \$225 Family Plan: \$215

Team Price: \$2100 (9 skaters plus 1 goalie)

Division	Year of Birth	Time
Novice	'01, '02, '03	7:45 or 8:45 am
Atom	'99, '00	8:45 or 9:45 am
Pee Wee	'97, '98	9:45 or 10:45 am
Bantam	'95, '96	10:45 or 11:45 am
Midget	'92, '93, '94	11:45 or 12:45 pm

Special Notes

- All programs limited to 9 skaters and 1 goalie per team
- All will receive an official 3 on 3 hockey jersey
- All players must wear C.S.A. full protective equipment
- Volunteer coaches are required for all team entries
- All teams will be guaranteed 10 regular season and 2 playoff games
- The championship game will be played on Saturday, August 14, 2010
- Family cost or discount pertains to two or more children from the same family
- All prices include GST/HST
- This program is open to all levels of play
- **Please inquire about our team early bird special**

Please make all cheques payable to:

Heads Up Sports Academy

Heads Up Sports Academy
c/o 32 Concerto Court,
Ancaster, ON L9G 4V7

(Your cashed or cancelled cheque is a confirmation to the program.)



**OVER 80
Teams in 2009!**

**MOHAWK 4 ICE CENTRE
PRESENTS.....**

3 ON 3 HOCKEY LEAGUES

❖ **Girls' Saturday Morning
League**

❖ **Sunday Morning Mixed
League**

All Games at
Mohawk 4 Ice Centre

 (905) 648-4606
e-mail husa@cogeco.ca
www.husa.ca



What is POND hockey?

Pond Hockey originated in Canada many years ago and now it's the "rage" in Europe. Pond hockey is fast-paced 3 on 3 hockey. There are no face-offs and no stoppages in play. There are penalty shots awarded at the end of the game if required. Players simply clear the zone on goals and when the goalie stops the puck. In short, POND is like the hockey most Canadians grew up playing on frozen ponds after school, only organized.

What are the benefits of POND Hockey?

- ✓ On a small ice surface, players are constantly challenged to react instantaneously;
- ✓ Players are moving in order to avoid their opponents;
- ✓ Goalies are challenged to be ready to face a shot, no need to wait for the puck to travel 200 feet;
- ✓ Reducing the space increases the intensity;
- ✓ All games will be played at our ultra modern Mohawk 4 Ice Centre (2 Ice Pads of 85 feet X 100 feet); and
- ✓ Allows creativity and informal learning.

www.canadianhockey.ca

"Up to a certain age, kids should be let out to play pond hockey. Skate and be creative with the puck."

Wayne Gretzky

3 ON 3 POND Hockey "Reduce the space...increase the Intensity"

PROGRAM A - SUNDAY MORNING 3 ON 3 HOCKEY LEAGUE

Directed by: Rob Carson

Dates:

May 23, 30
Cost: \$225

June 6, 13, 20, 27
Family Plan: \$220

July 4, 11, 18, 25 August 8, 15
Team Price: \$2100 (9 skaters plus 1 goalie)

Division	Year of Birth	Time
Tyke	'05, '04, '03	7:45 or 8:45 am
Novice	'01, '02	8:00, 8:15, 9:00, 9:15, or 10:00 am
Atom	'99, '00	9:45, 10:15, 10:45, 11:00, 11:15 or 11:45 am
Pee Wee	'97, '98	12:00 am or 12:15 pm
Bantam	'95, '96	12:15 or 12:45 pm
Midget	'91, '92, '93, '94	1:45 or 2:45 pm

Special Notes

- All programs limited to 9 skaters and 1 goalie per team
- All will receive an official 3 on 3 hockey jersey
- All players must wear C.S.A. full protective equipment
- Volunteer coaches are required for team entries
- All teams will be guaranteed 10 regular season and 2 playoff games
- The championship game will be played on Sunday, August 15, 2010
- Family cost or discount is two or more children from the same family
- All prices include GST/HST and or and team price is based on one cheque per team
- This program is open to all levels of play
- The above times are approximate and may vary depending on the number of teams
- **Please inquire about our team early bird special**
- In 2009 HUSA ran:

Tyke A & B

Novice A, B, & C

Atom Elite, A & B

Pee Wee A & B

Bantam/Midget

"After a long hockey season the players look forward to playing 3 on 3 hockey where they can develop their skills in a non-pressure environment. The 3 on 3 tournaments are about having fun." Jeff Toole - Skills Academy

"It is important not to be too technical with kids, and let them experience the joy of playing hockey"

Paul Karyia *courtesy of www.canadianhockey.ca*