

# PROGRAM DIRECTOR - LEO PAONE, Hon. B.A., M.Sc.Ed.



- ❖ SCGHA 2007/2010 - Head Coach - Bantam AA Rep
- ❖ SCGHA 2007/08 - O.W.H.A. Provincial Bronze Medal - Bantam AA Rep Head Coach
- ❖ Ancaster Minor Hockey League 2005/06 - Head Coach - Bantam AA Rep
- ❖ A.A.G.H.A 2002/03 - O.W.H.A. Provincial Champions - Atom BB Rep Head Coach
- ❖ Ancaster Minor Hockey League 1996-98 - Coach and Player Development Co-ordinator
- ❖ N.C.C.P. Advanced 1 Certified and Intermediate Level Instructor
- ❖ Specialty Clinic Instructor ie. Power Skating , Checking and Adult Clinics
- ❖ Redeemer College Royals 1994-96 - Head Coach
- ❖ Can/Am Stars Hockey Schools 1987-98 (University of Guelph) - Instructor
- ❖ O.M.H.A. Under-17 Camps - Player Evaluation
- ❖ Bay City Revival Senior League 1996 - 2010 - Old-Timer

## BENEFITS OF THE PROGRAM...

- ✓ Through power skating, puckhandling and shooting drills, you will improve your overall individual technical skill level.
- ✓ Through high-tempo drills, you will be training your cardiovascular system and thus be in better game shape prior to your season.
- ✓ Summer hockey games will keep you on the ice but it's not going to give you the edge. What you need is specific knowledge, skills and drills.



The Heads Up Sports Academy's Fall Program is designed to provide the recreational and competitive participant with hockey instruction and conditioning to enhance fundamental hockey skills in preparation for the upcoming season.

### 2010 APPLICATION FORM

Please mail this completed form, along with a postdated cheque (payable Heads Up Sports Academy) for Sept. 1/2010 with payment in full to confirm your spot to:  
Heads Up Sports Academy, c/o Leo Paone 32 Concerto Crt, Ancaster, ON L9G 4V7

PLEASE COMPLETE:

LAST NAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_ APT: \_\_\_\_\_ CITY: \_\_\_\_\_  
POSTAL CODE: \_\_\_\_\_ PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_  
AGE: \_\_\_\_\_ POSITION: \_\_\_\_\_ 2009/2010 TEAM \_\_\_\_\_

I will participate in all activities and events of the Heads Up Sports Academy and do assume all risks, hazards and accidents due 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 I am in good physical and mental health and able to participate in the physical activity of this vigorous program.

SIGNATURE OF PARTICIPANT: \_\_\_\_\_ DATE: \_\_\_\_\_

**HEADS UP SPORTS ACADEMY**  
**Wentworth Arenas**

**COST OF PROGRAM**

**\$ 130 for 4 sessions of 1.5 hours**

All Prices Include the HST ( # 86427 1994 RT 0001 )

**FOR MORE INFORMATION CALL**

**☎ 648-4606 or email**

**husa@cogeco.ca**

**FALL PROGRAM**

**POWER SKATING**

- ✓ Balance and Posture
- ✓ Edges and Power
- ✓ Crossovers and Turns
- ✓ Stops and Starts
- ✓ Strides and Pivots

**PUCK CONTROL**

- ✓ Dribbling and Deking
- ✓ Passing and Shooting

**GAME SIMULATION DRILLS**

- ✓ 1 on 1 and 2 on 1
- ✓ Scrimmage on final session

**FALL ADULT SHAPE-UP 2010**

DATES	PROGRAM
TUES. SEPT. 21/2010	8:35 - 9:55 PM
THURS. SEPT. 23/2010	7:05 - 8:25 PM
TUES. SEPT. 28/2010	8:35 - 9:55 PM
THURS. SEPT. 30/2010	7:05 - 8:25 PM



**Heads Up**  
**Sports Academy** Inc.

**FALL ADULT SHAPE UP 2010**

**WENTWORTH ARENAS**

Visit our website @ [www.husa.ca](http://www.husa.ca)

