



Heads Up
Sports Academy Inc.

2010 High Performance Rep Pre-Tryout Conditioning Camp

This camp is specially designed for Elite Rep players with their sights on higher levels of hockey in the immediate future. This camp will help you reach your goals with the vast amounts of instruction and knowledge dispersed. The sessions will include 5 hours of on ice instruction, which includes, conditioning, intense drills, hockey consultation, and more. This is an intense program for serious hockey players that are interested in taking their hockey to the next level prior to the AAA tryouts.

PROGRAM DIRECTORS:

Ron Hamilton

- Advanced Level Coach
- Former Junior B Head Coach
- Hamilton AAA Coach (12 Years)
- Under 17 Program
- HUSA Head instructor since 2002

Jeff Toole, Honours B.Phed, B.ed

- Alliance Under 17 Camp April 2007-08- Evaluator
- High Performance 1 Certified Hockey Coach
- Course Facilitator/Conductor for the ALLIANCE
- Hockey Canada Nike Skills Camps Instructor
- HUSA Head Instructor since 2001

Ryan Risidore

- Former Hamilton Bulldog
- Pro-experience with Hartford Wolf, Springfield Falcons, Indianapolis Ice, & Columbus Cottonmouths
- Skate Canada Power Skating
- HUSA Head Instructor since 1996

- Selected by Hartford Whalers round 5 in the 1994 NHL Entry Draft

Visit our website @ www.husa.ca



HEADS UP Source for sports

Visit our Store @ 830 Upper James (at Mohawk)
☎ (905) 574-5700 or 1-800-770-8624
Body Balancing & Alignment Expert Skate Sharpening
VISIT THE HOCKEY EXPERTS

COST: \$ 150.00 (Make cheques payable to Heads Up Sports Academy)

FOR MORE INFORMATION CALL ☎ 648-4606 OR
E-MAIL: husa@cogeco.ca

Session	Dates	Location	Time (Novice/Atom) '02, '01, '00, '99	Time(PeeWee/Bantam) '98, '97, '96, '95
1.	Tuesday April 6, 2010	Mohawk Four Ice Centre	7:15 to 8:15 pm	8:15 to 9:15 pm
2.	Wednesday April 7, 2010	Mohawk Four Ice Centre	7:15 to 8:15 pm	8:15 to 9:15 pm
3.	Thursday April 8, 2010	Mohawk Four Ice Centre	6:15 to 7:15 pm	7:15 to 8:15 pm
4.	Friday April 9, 2010	Dundas Olympic Arena	8:00 to 9:00 pm	9:00 to 10:00 pm
5.	Saturday April 10, 2010	Ancaster Spring Valley Arena	3:00 to 4:00 pm	4:00 to 5:00 pm



HUSA - APPLICATION FORM 2010

Please make all cheques payable to **Heads Up Sports Academy** and submit to:
Leo Paone 32 Concerto Court, Ancaster L9G 4V7 (Your cashed or cancelled cheque is a confirmation to the Program)

High Performance Pre-Tryout Conditioning Camp 2010

Please Select: Novice/Atom ('02, '01, '00, '99) Pee Wee /Bantam ('98, '97, '96, '95)

FIRST NAME: _____ SURNAME: _____ PARENT'S NAME: _____

ADDRESS: _____ APT. # _____ CITY: _____

POSTAL CODE: _____ PHONE #: _____ AGE: _____ BIRTH DATE: _____

EMAIL: _____ POSITION PLAYED: _____

TEAM LEVEL: AAA AA A HUB

I give approval for my son/daughter 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:** _____

Visit our website @ www.husa.ca