

SCHOOL DIRECTOR...



LEO PAONE, Hon. B.A., M.Sc.Ed.

- ❖ SCGHA Bantam Rep AA (2007-09) - Coach
- ❖ AAGHA PW Rep AA (2006-07) - Coach
- ❖ AMHA Bantam AA Rep (2004 - 06) - Head Coach
- ❖ OWHA Atom BB Provincial Champions (2003 - 04) - Head Coach
- ❖ AAGHA 1999-2006 - Coach and Player Development Coordinator
- ❖ Ancaster Minor Hockey League 1996-98 - Coach and Player Development Coordinator
- ❖ N.C.C.P. High Performance Instructor (1989 - 2006)
- ❖ Redeemer College Royals 1994-96 - Head Coach
- ❖ Specialty Clinic Instructor - ie. Power Skating, Checking and Adult Clinics
- ❖ Can/Am Stars Hockey Schools 1987-97 (Guelph and Lake Placid) - Instructor
- ❖ O.M.H.A. Under-17 Camps - Player Evaluation and Conditioning Seminars

MARCH BREAK PROGRAM...

The Heads Up Sports Academy's March Break Program is designed to provide the participant with hockey instruction to enhance fundamental hockey skills during the hockey season.

POWER SKATING AND PUCK CONTROL CLINIC

POWER SKATING

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

PUCK CONTROL

- ✓ Basic Stance
- ✓ Breakaways
- ✓ Deking Manoeuvres
- ✓ Dribbling
- ✓ Deflections
- ✓ Escapes
- ✓ Rap Around
- ✓ Fundamentals of Puck Control
- ✓ Shielding the Puck
- ✓ Overcoming Resistance

ALL PUCK CONTROL DRILLS WILL:

- be age specific;
- be ability specific;
- improve hand eye co-ordination;
- be progressive from stationary to movement; &
- be performed against a goalie.

Heads Up Sports Academy - APPLICATION FORM 2010

Please make all cheques payable to **Heads Up Sports Academy** and mail to:
Heads Up Sports Academy, c/o 32 Concerto Court, Ancaster, L9G 4V7
(Your cashed or cancelled cheque is a confirmation to the school.)

PLEASE SELECT: Beginner Junior High Performance

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

ADDRESS: _____ APT. # _____ CITY: _____

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

EMAIL: _____ POSITION PLAYED: _____

TEAM LEVEL: AAA AA A HUB SELECT HOUSE LEAGUE

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 Ancaster Hockey 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:** _____

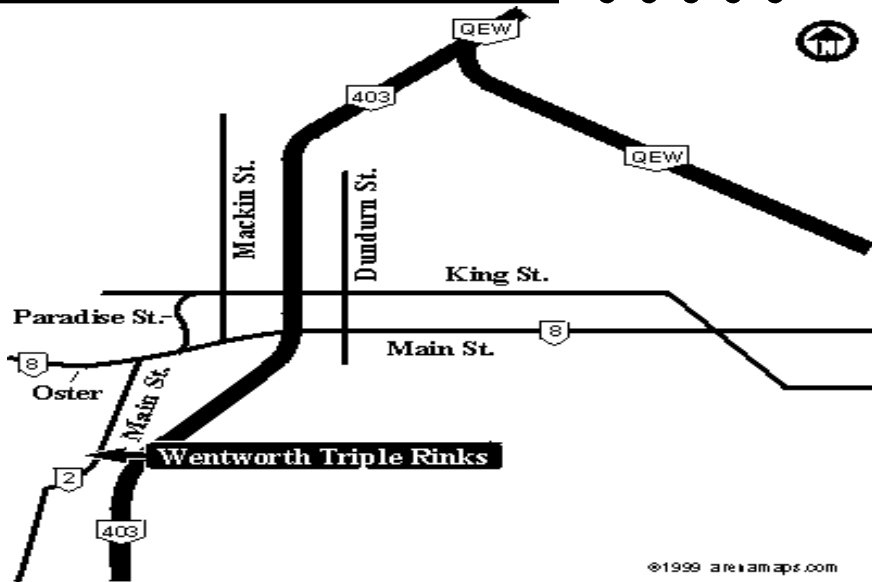
Heads Up Sports Academy

32 Concerto Court,
Ancaster, L9G 4V7

FOR MORE INFORMATION CALL:

☎ (905) 648-4606 or

Email: husa@cogeco.ca



PLEASE NOTE

All players must wear
C.S.A. full protective equipment
at all times on ice!

MARCH BREAK – POWER SKATING & PUCK CONTROL CLINIC

Dates: (1) Monday March 15 (2) Tuesday March 16 (3) Wednesday March 17, 2010

Programs	Age	Time	Cost	Family Cost
Beginner (CHIP)	4-9 yrs. of age	9:00 - 10:25 AM	\$ 90	\$ 85
Junior	7-9 yrs. of age	10:35 - 11:55 AM	\$ 90	\$ 85
High Performance	10 & up	12:05 - 1:25 PM	\$ 90	\$ 85

All programs include power skating & resistance training, puck control drills and a 30 minutes controlled 4 on 4 scrimmage.

Special Note:

- All programs limited to 24 skaters
- Goalies will be required for all sessions, arrangements may be made to receive goalie instruction during the session. Please call if you are interested in signing up your son or daughter.



Heads Up
Sports Academy Inc.

MARCH BREAK 2010

POWER SKATING AND PUCK CONTROL CLINIC

WENTWORTH ARENAS

**OUR
17 TH
Year!**

Visit our website @ www.husa.ca