



SPRING/SUMMER 2010



PROGRAM A: HIGH PERFORMANCE PRE-TRYOUT CONDITIONING CAMP

Head Instructor: Hamilton, Risidore & Toole **Cost:** \$150 (GST included)

High tempo skating, stickhandling, shooting and passing drills will be used to better prepare the athlete for their upcoming try-outs.

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

PROGRAM B: SPRING CHIP (Canadian Hockey Initiation Program)

Head Instructor: Rich Vrataric **Ages:** Beginners to 12 years of age
Dates: Saturday Program May 8, 15, 29 June 5, 12, 19, 26 **Location:** Mohawk 4 Ice Centre
Time: 9:15 to 10:15 am * 9:00 to 10:00 am on May 8th only **Cost:** \$200 **Family Plan:** \$190

The Initiation Program is not intended to replace the programs which currently exist with minor hockey, but rather complement them. Each session will feature three parts: a teaching component, a practice component and a games component.

PROGRAM C: SPRING POWER SKATE WITH RISIDORE & STEPIEN

Head Instructor: Dana Stepien and Ryan Risidore
Dates: Wednesday Night Program May 12, 19, 26, June 2, 9, 16, 23, 30
Location: Mohawk 4 Ice Centre **Cost:** \$200 **Family Plan:** \$190
Ice Times: 5:00 pm (7 to 9 years of age) 6:00 pm (10 and up years of age)

This is a development program focusing on basic power skating - agility, mobility, co-ordination, balance and forward and backward skating.

PROGRAM D: SUMMER POWER SKATE WITH RISIDORE & STEPIEN

Head Instructor: Dana Stepien and Ryan Risidore
Dates: Wednesday Night Program July 7, 14, 21, 28 August 4, 11, 18, 25
Location: Mohawk 4 Ice Centre **Cost:** \$220 **Family Plan:** \$210
Ice Times: 5:00 pm **AGES:** 7 to 12 years of age

This is a development program focusing on basic power skating - agility, mobility, co-ordination, balance and forward and backward skating.

PROGRAM E: SUMMER HIGH PERFORMANCE POWER SKATE WITH HAMILTON

Head Instructor: Ron Hamilton
Dates: Wednesday Night Program July 7, 14, 21, 28 August 4, 11, 18, 25
Location: Mohawk 4 Ice Centre **Cost:** \$220 **Family Plan:** \$210
Ice Times: 6:00 pm ('93, '94, '95, '96)

This is an intense program for serious hockey players (AAA & AA) that are interested in taking their hockey to the next level.

PROGRAM F: SUMMER HOCKEY SKILLS CAMP

Head Instructor: Jeff Toole **Ages:** 6 to 14 years
Dates: Week 1 - Monday, July 5 to Friday, July 9, 2010
Week 2 - Monday, July 12 to Friday, July 16, 2010
Location: Mohawk 4 Ice Centre **Cost:** \$340 **Family Plan:** \$320
Times: 8:30 am to 4:30 pm (Drop off after 8:00 am and pick-up before 5:00 pm)

Daily this camp includes 2 hours of on-ice instruction, off-ice training, european training ball drills, low organizational games and road hockey.

PROGRAM G: SUMMER FEMALE CONDITIONING & SCORING CAMP

Head Instructor: Leo Paone **Ages:** 6 to 14
Dates: Monday, August 23 to Friday, August 27, 2010 **Location:** Mohawk 4 Ice Centre
Cost: \$390 **Family Plan:** \$370
Times: 8:30 am to 4:30 pm (Drop off after 8:00 am and pick-up before 5:00 pm)
Program Includes: Power Skating / Puck Control / Shooting / Off-Ice Conditioning & Training / Individual Tactics / Scrimmage
Off-Ice Stick handling with European Training Ball & Ball Hockey

Please call regarding our "team pricing" and "goalie training" in the above programs!

HEADS UP SPORTS ACADEMY

32 Concerto Court
Ancaster, L9G 4V7

FOR MORE INFORMATION CALL

Leo Paone @ 648-4606
Email: husa@cogeco.ca

PROGRAM H: MIKE BURGOPYNE SUMMER DEFENSEMEN CAMP

Head Instructor: Mike Burgoyne **Ages:** 7 to 14
Dates: Monday, August 16 to Friday, August 20, 2010 **Location:** Mohawk 4 Ice Centre
Cost: \$390 **Family Plan:** \$370
Times: 8:30 am to 4:30 pm (Drop off after 8:00 am and pick-up before 5:00 pm)
Program Includes: Power Skating / Puck Control for Defensemen / Off-Ice Conditioning & Training
Defensemen Individual Tactics / Scrimmage Session
Off-Ice Stick handling with European Training Ball & Ball Hockey

PROGRAM I: PRE-SEASON CHIP (Canadian Hockey Initiation Program)

Head Instructor: Rich Vrataric **Ages:** Beginners to 12 years of age
Dates: Monday, August 30 to Friday, September 3, 2010 **Location:** Mohawk 4 Ice Centre
Time: 9:15 to 10:15 am **Cost:** \$150 **Family Plan:** \$140
The Initiation Program is not intended to replace the programs which currently exist with minor hockey, but rather complement them. Each session will feature three parts: a teaching component, a practice component and a games component.

PROGRAM J: PRE-SEASON CONDITIONING CAMP

Head Instructor: Leo Paone & HUSA Staff **Ages:** 7 to 14
Dates: Monday, August 30 to Friday, September 3, 2010 **Location:** Mohawk 4 Ice Centre
Cost: \$390 **Family Plan:** \$370
Times: 8:30 am to 4:30 pm (Drop off after 8:00 am and pick-up before 5:00 pm)
Program Includes: Power Skating / Puck Control / Shooting / 1 VS. 1 / Off-Ice Conditioning & Training
Individual Tactics & Scrimmage

NEW!!!! Private Lessons with: Mike Burgoyne, Ryan Risidore, Dana Stepien			
Wednesday Night Program May 5, 12, 19, 26 June 2, 9, 16, 23, 30 July 7, 14, 21, 28 August 4, 11, 18, 25 Times: 3:00 to 4:00 pm 4:00 to 5:00 pm	Saturday Morning Program May 8, 15, 29 June 5, 12, 19, 26 July 3, 10, 17, 24 August 7, 14, 21, 28 Time: 8:15 to 9:15 am	All Sessions at: Mohawk Four Ice Centre	\$30 per session Please call or email to book sessions!

DEVELOPMENT PROGRAMS 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 PROGRAM:

- PROGRAM A: High Performance Spring Pre-tryout Conditioning Camp
 PROGRAM B: Spring CHIP
 PROGRAM C: Spring Power Skate with Ryan
 PROGRAM D: Summer Power Skate with Ryan
 PROGRAM E: Summer HP Power Skate with Ron
 PROGRAM F: SC Camp Week #1 SC Camp Week #2
 PROGRAM G: Summer Female Conditioning & Scoring
 PROGRAM H: Summer MB Defenceman Camp
 PROGRAM I: Pre-Season CHIP
 PROGRAM J: Pre-Season Conditioning & Scoring Camp

PLAYER'S FIRST NAME: _____ SURNAME: _____ PARENT'S NAME: _____
 ADDRESS: _____ APT. # _____ CITY: _____
 P.C.: _____ PHONE #: _____ AGE: _____ BIRTH DATE: _____
 E-MAIL: _____ POSITION PLAYED: _____

MALE: FEMALE:
 TEAM LEVEL: AAA AA A HUB AE / SELECT HOUSE LEAGUE NO EXPERIENCE
 SELECT HOCKEY JERSEY: YM YL YXL MS MM ML MXL

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: _____

Visit our website @ www.husa.ca