



Heads Up
Sports Academy Inc.

Summer Hockey Skills Camp 2010

Location: Mohawk 4 Ice Centre

Male
&
Female

Purpose of Program:

This week long program will focus on the skills of skating, passing, puck control, shooting and combative games. A 30 or 40 minute, 4 on 4 or 3 on 3 session will be included as part of the program each day also. The off-ice program will consist of fitness testing, dry land training, and low organizational games.

Dates: Week # 1 - Monday, July 5 to Friday, July 9, 2010
Week # 2 - Monday, July 12 to Friday, July 16, 2010

Time: Daily 8:30 am to 4:30 pm
(Supervision may be provided until 5:00 pm upon request)

Ages: Males and Females ages 5 to 13 years of age
(Three groups will be established)

- ◆ Beginners: 4 - 6 Years
- ◆ Juniors: 7 - 9 Years
- ◆ Intermediate: 10 & up.

Camp Director & Head Instructor: Jeff Toole, Honours BPhed. BEd.

- ❖ Alliance Under 17 Camp April (2007– 09) - Evaluator
- ❖ Alliance Under 17 Camp 2010 - Coach
- ❖ Hamilton Reps Atom AA 2009 - 2010 - Head Coach (First Place Finish in Alliance)
- ❖ Hamilton Reps Minor Midget AAA 2009 - 2010 - Assistant Coach
- ❖ HWCDSB Nominee GHAC Coaching Excellence Award
- ❖ High Performance 1 Certified Hockey Coach - Level 2 Trainer's
- ❖ Course Facilitator/Conductor for the ALLIANCE
- ❖ Hockey Canada Nike Skills Camps Instructor
- ❖ Hamilton City Hub League Technical Advisory Committee
- ❖ Certification -Secondary School Physical and Health Education teacher (HWCDSB)
- ❖ Head Instructor Cathedral High School Hockey Skills Academy
- ❖ Head Coach Cathedral High School Boys' Hockey 1999-present
- ❖ Cathedral High School Boys' Floor ball Team 2006-present -Head Coach
- ❖ Hamilton Catholic District School Board All-Star Team 2003/04,2004/05
- ❖ Guest Training Camp Coach Brantford Golden Eagles Junior B (2004)
- ❖ Guest Coach Under 18 Women Team Manitoba 2005

Visit our website @ www.husa.ca

Phone: (905) 648-4606 or email: husa@cogeco.ca



HEADS UP Source for sports

Visit our Store @ 830 Upper James (Mohawk)
☎(905) 574-5700 or 1-800-770-8624

**Body Balancing & Alignment Expert Skate Sharpening
VISIT THE HOCKEY EXPERTS**

HEADS UP SPORTS ACADEMY
32 Concerto Court
Ancaster, L9G 4V7

FOR MORE INFORMATION CALL
Leo Paone @ ☎ 648-4606
OR BY EMAIL: husa@cogeco.ca

Cost:
\$330.00

Family Cost:
\$ 310.00

(All prices include HST)

Typical Day:	
8:30 am	Drop campers off in Atrium
9:00-10:00 am	On-Ice Session # 1
10:15 -11:15	Dry-Land Session
11:15-12:00	Low Organizational Games
12:15-12:45	Lunch (Bagged)
1:00-2:00	On-Ice Session # 2
2:15-3:15	Low Organizational Games
3:15-4:00 pm	Road Hockey Game
4:30 pm	Parental Pick-up

Each Camper Will Require:

- ◆ Hockey duffle bag containing full equipment and hockey stick;
- ◆ A small duffle bag containing: Running Shoes (should be worn to camp) and Lunch (including several snacks); Water Bottle; Sun screen; Baseball hat (optional); and Jacket.

SUMMER HOCKEY SKILLS CAMP - 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 session (s).)

Please select Week: Monday, July 5 to Friday, July 9, 2010 Monday, July 12 to Friday, July 16, 2010

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

ADDRESS: _____ APT. # _____ CITY: _____

P.C.: _____ PHONE #: _____ EMAIL: _____

AGE: _____ BIRTH DATE: _____ POSITION PLAYED: _____

TEAM LEVEL: REP SELECT HOUSE LEAGUE NO EXPERIENCE

HOCKEY JERSEY SIZE: 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:** _____

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