



FALL/WINTER 2009/2010

PROGRAM 1: PA Day Hockey Program

Program Director & Head Instructor : Rob Carson **Ages:** 6 to 12
Dates: (1) September 25/09 @ Wentworth Arenas (2) November 16/09 @ Mohawk 4Ice Centre
 (3) December 4/09 @ Wentworth Arenas (4) January 29/10 @ Mohawk 4Ice Centre
Time: 9:00 AM to 12:00 PM **Cost:** \$50 per session

- 9:00 to 9:50 am - **Power Hour** (Skating Skills)
- 10:00 to 10:50 am - **The Perfect Player** - Back to Basics (Puck Control & Shooting)
- 11:00 to 12:00 noon - **The Pond** - Back to your hockey roots! (4 on 4 Hockey)
- 24 Skaters & 2 Goalies *** Ask, we can arrange for Goalie Instruction.**

PROGRAM 2: Fall Power Skate with Risidore and Stepien

Head Instructor: Ryan Risidore & Dana Stepien **Ages:** 7 to 12
Friday Program (10 Sessions of 1 hour)
Dates: Oct. 2, 9, 16, 23, 30 Nov. 6, 20, 27 Dec. 11, 18
Cost: \$250 **Family Cost:** \$240
Location: Mohawk 4Ice Centre Centre **Time:** 4:00 to 5:00 PM

PROGRAM 3: Winter Power Skate with Risidore and Stepien

Head Instructor: Ryan Risidore & Dana Stepien **Ages:** 7 to 12
Friday Program (8 Sessions of 1 hour)
Dates: Jan. 8, 15, 22, 29 Feb. 5, 19 Mar. 5, 26
Cost: \$200 **Family Cost:** \$190
Location: Mohawk 4Ice Centre Centre **Time:** 4:00 to 5:00 PM

PROGRAM 4: Fall/Winter Power Skate with Risidore and Stepien (Select Your Own Sessions)

Head Instructor: Ryan Risidore & Dana Stepien **Ages:** 7 to 15
Dates: Friday Program (18 Sessions of 1 hour)
Fall Oct. 2, 9, 16, 23, 30 Nov. 6, 20, 27 Dec. 11, 18
Winter Jan. 8, 15, 22, 29 Feb. 5, 19 Mar. 5, 26
Note: Please circle the dates you would like to attend and multiple by \$30 per session
Location: Mohawk 4 Ice Centre **Time:** 4:00 to 5:00 PM

PROGRAM 5: X-Mas House League / Select 4 on 4 Challenge

Dates: Monday, December 21, 2009 to Thursday, December 24, 2009 **Location:** Wentworth Arenas
Program Convener: Ghislain Bellehumeur **Cost:** 4 Sessions for \$ 60.00

	AGE/TIMES (Novice/Atom) 98, 99, 00, 01	AGES/TIMES (Pee Wee/Bantam) 93, 94, 95, 96, 97
Monday, December 21, 2009	10:00 to 11:00 am	11:00 am to 12:00 noon
Tuesday, December 22, 2009	10:00 to 11:00 am	11:00 am to 12:00 noon
Wednesday, December 23, 2009	10:00 to 11:00 am	11:00 am to 12:00 noon
Thursday, December 24, 2009	10:00 to 11:00 am	11:00 am to 12:00 noon

HEADS UP SPORTS ACADEMY

32 Concerto Court
Ancaster, L9G 4V7

FOR MORE INFORMATION CALL

Leo Paone @ 648-4606
OR BY EMAIL: husa@cogeco.ca

PROGRAM 6: CHRISTMAS BREAK – POWER SKATING & SHOOTING CLINIC

Dates: Monday, December 28, 2009 to Wednesday, December 30, 2009

Location: Wentworth Arenas **Head Instructor:** Leo Paone

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

All programs include power skating & resistance training, shooting drills and a 30 - minute controlled 4 on 4 scrimmage.

PROGRAM 7: MARCH BREAK – POWER SKATING & PUCK CONTROL CLINIC

Dates: Monday March 15 to Wednesday, March 17, 2010

Location: Wentworth Arenas **Head Instructor:** Leo Paone

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

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

Special Notes

- All programs limited to 24 skaters and 2 goalies will be required for all sessions. Please call if you are interested. * Ask, we can arrange for Goalie Instruction.
- All players must wear C.S.A. full protective equipment.
- Family Cost or discount is two or more children from the same family.
- The Heads Up Sports Academy's programs are designed to provide the participant with hockey instruction to enhance fundamental hockey skills during the hockey season.

APPLICATION FORM 09/10 - Fall Winter Programs

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 1: PA Day Hockey Program

Friday, September 25/09 Monday, November 16/09 Friday, December 4/09 Friday, January 29/2010

PROGRAM 2: Fall Power Skate with Risidore and Stepien

PROGRAM 3: Winter Power Skate with Risidore and Stepien

PROGRAM 4: Fall/Winter Power Skate with Risidore and Stpien (Select your own Program)

PROGRAM 5: X-Mas House League / Select 4 on 4 Challenge

PROGRAM 6: Christmas Shooting Clinic Beginner Junior High Performance

PROGRAM 7: March Break Puck Control Clinic Beginner Junior High Performance

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

ADDRESS: _____ APT. # _____ CITY: _____

P.C.: _____ PHONE #: _____ AGE: _____ BIRTH DATE: _____

EMAIL: _____ POSITION PLAYED: _____

TEAM LEVEL: AAA AA A HUB AE SELECT HOUSE LEAGUE NO EXPERIENCE

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