

PROGRAM DIRECTOR - LYNN BALLOCH,



- ❖ National Coaching Certification Program - Intermediate Level Coach
- ❖ Ontario Women's Hockey Association - Coaching Mentor
- ❖ 20 Years Minor Hockey Coach



BENEFITS OF THE PROGRAM...

FALL PROGRAM

- ✓ The Heads Up Sports Academy's Fall Program is designed to provide the participant with hockey instruction and conditioning to enhance fundamental hockey skills in preparation for the upcoming season
- ✓ 60 minutes of drills geared to the beginner/intermediate level player
- ✓ 30 minutes scrimmage
- ✓ The first two sessions will be controlled scrimmages
- ✓ The last two sessions will be 30 min full out scrimmage
- ✓ Maximum 22 skaters plus two goalies

2010 APPLICATION FORM

Please mail this completed form, along with a postdated cheque (payable Heads Up Sports Academy) for Sept. 1/2010 with payment in full to confirm your spot to:
Heads Up Sports Academy, c/o 32 Concerto Crt, Ancaster, ON L9G 4V7

PLEASE COMPLETE:

LAST NAME: _____ FIRST NAME: _____
ADDRESS: _____ APT: _____ CITY: _____
POSTAL CODE: _____ PHONE: _____ EMAIL: _____
AGE: _____ POSITION: _____ 2009/2010 TEAM _____

I will participate in all activities and events of the Heads Up Sports Academy and do assume all risks, hazards and accidents due 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 I am in good physical and mental health and able to participate in the physical activity of this vigorous program.

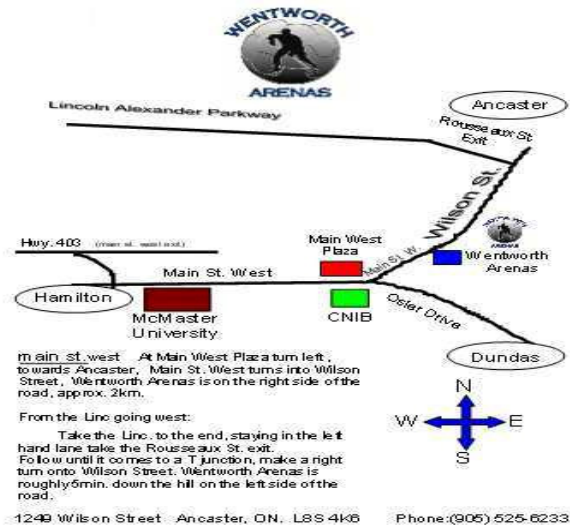
HEADS UP SPORTS ACADEMY Wentworth Arenas

COST OF PROGRAM

\$ 130 for 4 sessions of 1.5 hours
All Prices Include the HST (# 86427 1994 RT 0001)

FOR MORE INFORMATION CALL

☎ 648-4606 or email
husa@cogeco.ca



FALL WOMENS' RECREATIONAL SHAPE-UP 2010

DATES

PROGRAM TIMES

TUES. SEPT. 21/2010

7:00 - 8:25 PM

THURS. SEPT. 23/2010

8:35 - 10:00 PM

TUES. SEPT. 28/2010

7:00 - 8:25 PM

THURS. SEPT. 30/2010

8:35 - 10:00 PM



Heads Up
Sports Academy Inc.

FALL WOMENS' RECREATIONAL SHAPE UP 2010

WENTWORTH ARENAS

Visit our website @ www.husa.ca

17th
Successful
Year