

BALMORAL HALL SCHOOL HOCKEY ACADEMY 2010 SPRING SKILL CAMPS

STRENGTH ON SKILLS

This weekly program will focus on fundamental skill development for the advancement of the female athlete. Players will be taught fundamental skills in a supportive and facilitating environment with attention to skill correction and repetition ensuring improved confidence. Goaltenders will benefit from shots in small area drills and games as well as individualized instruction from guest goaltender instructors.

Twelve one hour sessions with limited registration and reduced on-ice participants (*New to '10*) allowing for a qualified instructor ratio of approximately 1:6 will focus on:

- Puck control for enhanced creativity and confidence
- Transitional skating for greater mobility and control
- Individual tactics for heightened game awareness
- Small area games and drills for improved game performance

WHO: Females born in 1996, 1997, 1998
1 group of limited enrollment

TIME: Gold group Tuesdays & Thursdays
6:00 pm to 7:00 pm
*April 15 starts at 5:50 pm
*April 27 & 29 starts at 7:10 pm

WHEN: Gold group April 6, 8, 13, 15, 20, 22, 27, 29
May 4, 11, 18, 25

COST: \$246 + G.S.T. = \$258.30
Gift included

PROVINCIAL ELITE

This program is directed towards providing an elite development opportunity for players intent on improving their level of play and/or pursuing a position with Hockey Manitoba's U18 Provincial team. *New to '10* there will be two groups offered, a Gold and Green group.

The **Gold group (advanced II)** is designed for the high performance player who is performing at an elite level and motivated to make the jump to the next level. They must have a strong skill and fitness level in order to benefit from the camp content and progressions. Progressions will be appropriate for developing the elite athlete at a Midget AA level and higher.

The **Green group (advanced I)** is designed for the aspiring high performance player who is looking to improve their skills with the intentions of participating at an elite level in the upcoming season. Progressions will be appropriate for players who are moving into a Midget AA level or already at a Bantam AA level.

Sessions will focus on skill proficiency using a progressive approach designed to challenge players in a supportive and encouraging environment utilizing on and off-ice sessions.

12 sessions with 15 hours of on-ice instruction in addition to 12 off-ice sessions (*New to '10*) will consist of:

- High-paced well-organized on and off-ice sessions
- Enhancing fundamental skill development to increase individual prowess
- Improve balance, coordination, and neuromuscular response for enhanced skill execution
- On-ice Competition drills & Game-like situations that facilitate game performance and confidence

WHO: Females born in 1993, 1994, 1995
2 groups of limited enrollment

WHEN: Gold group Tuesdays & Thursdays
April 6, 8, 13, 15, 20, 22, 27, 29
May 4, 11, 18, 25
7:10 pm to 8:25 pm
*April 15 starts at 7:00 pm
*April 27 & 29 start at 8:20 pm

Green group Mondays & Wednesdays
April 5, 7, 12, 14, 19, 21, 26, 28
May 5, 12, 19, 26
8:50 pm to 10:05 pm
* April 28 starts at 8:20 pm

COST: \$375 + G.S.T. = \$393.75
Gift included

ALL SESSIONS LOCATED AT
DAKOTA COMMUNITY CENTRE
1188 DAKOTA STREET * WINNIPEG, MB

FOR MORE INFORMATION PLEASE CALL
(204) 784-1600 x620
OR
VISIT OUR WEBSITE AT BALMORALHALL.COM



HOCKEY ACADEMY

REGISTRATION SPRING 2010

PERSONAL INFORMATION

PLAYER NAME: _____
Last First

PARENT/GUARDIAN NAME: _____ HOME PHONE: (____) _____

PREFERRED EMAIL: _____ ALTERNATE PHONE: (____) _____

ADDRESS: _____ CITY: _____ POSTAL: _____

BIRTHDATE: (mm/dd/yyyy) _____ MEDICAL NUMBER: _____

PLAYER PROFILE

TEAM '09-'10: _____ LEVEL (AA, A1, etc.): _____ POSITION: _____

PARENTAL CONSENT, WAIVER OF RESPONSIBILITY AND RELEASE

IN CONSIDERATION OF THE ACADEMY OF EXCELLENCE BLAZERS HOCKEY ACADEMY accepting the above named player as a student in the hockey academy:

IT IS AGREED that the Hockey Academy, Balmoral Hall School and Dakota Community Centre are hereby released from any and all demands, claims, damages, suits, causes of action, liabilities and expenses. IT IS AGREED that all risks, including all legal risks, relating to participating in the Hockey Academy are assumed without limitation by the undersigned and that this assumption of risk and release acknowledged, approved and agreed to by the undersigned as indicated by their signatures hereto.

Parent/Guardian Signature: _____ Date: _____

PAYMENT INSTRUCTIONS

PLEASE CIRCLE: Cheque, Visa, Mastercard, AMEX

Card #: _____

Expiry Date: _____

Name on Card: _____

Signature: _____

* All Cheques made payable to Balmoral Hall School

* Please mail to address listed below

Balmoral Hall School
C/O Steven Macdonald
630 Westminster Avenue
Winnipeg, MB, Canada * R3C 3S1
Phone: (204) 784-1600 x620
Fax: (204) 774-5534
Or
visit our website at: Balmorallhall.com



PROGRAM SELECTION

- GOLD STRENGTH ON SKILLS
\$258.30
- GOLD PROVINCIAL ELITE
- GREEN \$393.75

* G.S.T. and Gift included

* Exceptions can be made and Balmoral Hall school reserves the right to place players in a more appropriate group

REFUND POLICY

Refunds will be honored up to March 1st, 2010 unless accompanied by a Doctors certificate and are subject to a 25% administration charge.

MEDICAL INSURANCE

Each student is required to have her own health and accident insurance policy. Please provide your medical number in the application.