

# The Gloucester Centre Minor Hockey Association

Is proud to present the



## Gloucester Hockey Association Summer Hockey School

Powered by:

### Synergy4Hockey

August 10-14, 2009

August 17-21, 2009

\$125.00 for one week or \$225.00 for both weeks

2000/01 :	6:00-6:50PM	1996/97 :	8:00-8:50PM
1998/99 :	7:00-7:50PM	1993/94/95 :	9:00-9:50PM

24 skaters/level

All sessions take place at the Bob MacQuarrie Complex - Orleans

### **Powerskate and Skills Program**

Lead by Alex Sperberg, Skate Canada certified Powerskating coach, and our experienced Team of certified coaches, we will focus on:

- Powerskating – stride, balance, edge control
- Puckhandling – passing, shooting, stickhandling
- Conditioning – resistance training(parachutes) quickness and agility

Our program promises to be fun and challenging with the goal of preparing our players for tryouts.

For more information contact Tim Nellis at 613-744-8687 or [timnellis@rogers.com](mailto:timnellis@rogers.com)

To register please send a completed, signed registration form and a cheque made payable to the **GCMHA** to:

Tim Nellis  
2054 Kingsgrove Cr.,  
Gloucester, Ontario  
K1J 6G1

**Spaces fill up quickly so register soon!!**

PLAYER NAME: \_\_\_\_\_

DOB: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Level of Play in 2008/2009 Season: \_\_\_\_\_

Aug 10-14 \_\_\_\_\_ Aug 17-21 \_\_\_\_\_ Both weeks \_\_\_\_\_

Total Amount Enclosed: \$ 125.00 \_\_\_\_\_ \$225.00 \_\_\_\_\_

Association: \_\_\_\_\_

Parent name: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

**WAIVER**

I, the undersigned, am the parent and/or legal guardian of the above mentioned minor ("the Player"). In consideration of the Player being permitted to participate in the GHA Hockey School. I consent to the participation of the Player in the GHA Summer School.

I understand there are risks of serious or other personal injury in connection with the Player's participation in the 4-on-4, both on and/or off the ice. I assume all health, physical and legal risk associated with such participation.

I waive any right either I, or the Player may have to sue for and I release and agree to indemnify the Gloucester Centre Minor Hockey Association (the GCMHA), the Gloucester Hockey Association (the GHA) and their respective affiliates, members, directors, representatives and sponsors (collectively the "Releasees") from and against, any and all claims for injury and/or loss sustained by the Player directly or indirectly in connection with the Gloucester Hockey School. (both on and off the ice) and/or the GCMHA, and or the GHA, and/or the loss for damage to property(including equipment and personal belongings) however caused.

I agree that neither I nor the Player shall make any claim or take any proceedings against any person or entity with respect to any matter which exists now or may later exist in connection with the GCMHA and/or the GHA, and/or the Gloucester Hockey School and/or the Player's participation in the Gloucester Hockey School in which a claim could arise against the Releases or any of them.

In the event of injury or illness of the Player, if any GCMHA and/or GHA representative provides medical and/or other assistance to the Player, I agree that neither such person, nor the GCMHA, the GHA nor any of the Releasees, shall have any liability whatsoever in connection with such assistance.

**ACCEPTANCE**

By signing below:

I acknowledge that I have read and understood the Rules and Regulations of the GCMHA and the GHA and have explained them to the Player. I agree to abide by those Rules and Regulations and to cause the Player to abide by them.

I acknowledge that I have read and understood the above Registration Conditions and Waiver and agree to bound by their terms.

SIGNED: \_\_\_\_\_ DATED: \_\_\_\_\_

