



**PROGRAM DESCRIPTIONS**

**Sunday Pre-Novice Program (\$100.<sup>00</sup>):**

This Program is for the beginner or Pre-Novice player and includes 5 Hours of On Ice Training. Training will be focused on the fundamentals of hockey including skating, puck control, passing, and shooting. The Program will be limited to 30 Players and 2 Goalies. Players will skate from 2:00 PM to 3:00 PM. All participants will be provided with a "Coach D's No Lollygagging Summer Hockey" Jersey.

**Sunday Program (\$150.<sup>00</sup>):**

This Program includes 7.5 Hours of On Ice Training focused on Player Conditioning, Skill Development, Individual Tactics, and Team Tactics. Each session will include a 30 Minute 3 on 3 Game to provide the players with an opportunity to reinforce their skills in Game-Like Competition. The Program will be limited to 30 Players and 2 Goalies per division. Players will be placed in a division according to skill and age bracket. Novice and 1<sup>st</sup> Year Atom will skate from 3:00 PM to 4:30 PM. 2<sup>nd</sup> Year Atom and Peewee will skate from 4:30 PM to 6:00 PM. All participants will be provided with a "Coach D's No Lollygagging Summer Hockey" Jersey.

**August Full Day Program (\$280.<sup>00</sup>):**

This Program includes 14 Hours of On Ice Training focused on Player Conditioning, Skill Development, Individual Tactics, and Team Tactics. The Program will also include 8 Hours of Dry Land Training and 2 Hours of "Open Swim". Each day will include a 1-1/2 Hour Game to provide the players with an opportunity to reinforce their skills in Game-Like Competition. The Program is limited to 30 Players and 2 Goalies per division. Players will be placed in a division according to skill and age bracket (Open to Novice, Atom, and Peewee age groups). All participants will be provided with a "Coach D's No Lollygagging Summer Hockey" Jersey.

For those who can't stay, player drop off will be at 7:30 AM and pick-up will be at 4:00 PM. A mid morning nutritional snack will be provided but players are expected to bring a bag lunch. Suitable Dry Land Training attire and Bathing Suit are required.

**Sunday & Full Day Program (\$380.<sup>00</sup>):**

Per Sunday Program and August Full Day Program Above.

- **Save 10%** if full payment received by May 1, 2009.
- Multiplayer Family Discount - 1<sup>st</sup> Player at regular price, additional players **Save 5%**

**HEAD INSTRUCTOR**

**Darren MacNaughton – "Coach D"**

These sessions are designed to develop the fundamentals of hockey including skating, puck control, passing, shooting, and checking and are for all skill levels. And as always, the #1 Rule is to have **FUN**, but remember...**NO LOLLYGAGGING!**

**Please Sign Me Up For:**

- Sunday Pre-Novice Program (\$100.<sup>00</sup>)
- Sunday Program (\$150.<sup>00</sup>)
- August Full Day Program (\$280.<sup>00</sup>)
- Sunday & August Full Day Program (\$380.<sup>00</sup>)
- May 1<sup>st</sup>, 2009 Full Payment Discount (**Save 10%**)
- Multiplayer Family 2<sup>nd</sup> Player Discount (**Save 5%**)

Cash or Cheque accepted. Deliver or mail to:

**Coach D's Summer Hockey**  
**641 O'Dell St., Sarnia, ON, N7V 4H7**

**PARTICIPANT NAME:** \_\_\_\_\_

**D.O.B.:** \_\_\_\_\_

**AGE:** \_\_\_\_\_ **MALE/FEMALE:** \_\_\_\_\_

**PARENT/GUARDIAN:** \_\_\_\_\_

**HOME PHONE:** \_\_\_\_\_

**WORK PHONE:** \_\_\_\_\_

**E-MAIL:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**PREVIOUS TEAM (H/L, AE, REP, A/AA, AAA):** \_\_\_\_\_

**POSITION PLAYED:** \_\_\_\_\_

**MEDICAL CONDITIONS:** \_\_\_\_\_

In signing this application, the parent or legal guardian certifies that the instructors, helpers, or the skating rink will not be held responsible for any accidents or loss of personal property, however caused, and agrees to release them from all claims or damages which may arise as a result of such accident or loss. I, the parent or legal guardian of the participant, hereby give you permission to seek out any necessary medical assistance the applicant may require while attending the program. In signing this application, the applicant / parent / legal guardian acknowledges that he / she has read and understands these conditions.

\_\_\_\_\_  
**SIGNATURE OF PARENT OR LEGAL GUARDIAN**

\_\_\_\_\_  
**DATE**

- **Sunday Pre-Novice Program:**   
 2:00 PM – 3:00 PM at Mooretown Arena  
 July 5, 12, 19, 26, and August 2
- **Sunday Novice & Atom Program:**  
 3:00 PM – 4:30 PM at Mooretown Arena  
 July 5, 12, 19, 26, and August 2
- **Sunday Atom & Peewee Program:**  
 4:30 PM – 6:00 PM at Mooretown Arena  
 July 5, 12, 19, 26, and August 2
- **August Full Day Program:**  
 8:00 AM – 4:00 PM at Mooretown Arena  
 August 4 - 7

**FOR INQUIRIES CALL  
 DARREN or CINDY  
 MACNAUGHTON  
 AT (519) 383-6178  
 OR E-MAIL 3JT@COGECO.CA**