



# GIRLS

# ICE POND HOCKEY ACADEMY

# DEVELOPMENT CAMP

The Girls Development Camp is open to all girls regardless of team. This program will improve player's skills with quality coaching and comprehensive skill instruction. Sessions will incorporate scrimmages and small area games to emphasize situational awareness, developing hockey sense, and practice skills in game-like situations.

- High intensity ice time to prepare girls for the upcoming season and work on improving crucial skills including puck control, passing, skating, decision making/hockey IQ, positioning, and shooting
- Instructors include High School coaches, College players, and Junior Players of the Hockey Academy Staff. They will provide quality instruction and coaching customized for the player's skill level and experience.
- Includes: On-Ice Conditioning, Skill Development, Scrimmages and Small Area Games
- **Bonus!** Dryland and strength training!
- Birth Years 2004-1999
- Monday & Wednesday evenings
- Dryland: 2:30pm-4:00pm; On-Ice: 4:30pm-5:45pm
- 8 Weeks starting June 19<sup>th</sup> and ending August 16<sup>th</sup> (No Camp week of July 4)
- Limited to first 30 participants
- \$250 per Skater, \$125 per goalie (limit 3)



Register online at [www.theicepond.com](http://www.theicepond.com) or by mail using the entry form below. The Ice Pond at Waunakee is located at 1110 Prairie View Drive, Waunakee, WI 53597. Corner of Hogan Road & Uniek Drive. Contact Kevin Stormer 608-850-2828 [kevin@theicepond.com](mailto:kevin@theicepond.com) with questions.

## 2017 Girls Development Camp Registration Information:

Player's Name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent's Names: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Make Checks Payable to: Waunakee DeForest Ice Rink, 1110 Prairie View Drive, Waunakee, WI 53597

RELEASE FROM LIABILITY Read this release carefully, when you sign it you will be giving up important legal rights.

In consideration of accepting this registration, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators assume all responsibility for injuries, disability or death, that I may incur as a direct or indirect result of my participation in this activity and waive and release any and all rights and claims for losses and damages I may have against the WD Ice Rink, participating sponsors, their employees or assistants, their directors, employees and/or agents for any and all injuries, disability or death suffered by me in this activity. I further attest that I am physically fit and have trained sufficiently for this sport. I further agree to abide by all decisions of the rink manager and WDIR Board and declare that all of the information

contained herein is to the best of my knowledge true, correct and complete. **Parent's Signature:** \_\_\_\_\_