



August 2019 Power Skills Day Camps

Isolate, Train & Repeat!

Directors: ISL & Catholic Conference Coaches

Instructors: Former or Current College Hockey Players

ESSEX SPORTS CENTER

15 Manning Rd Middleton, MA

Monday August 5 Thru Friday August 9, 9AM-2PM	\$400 for 5 days
Monday August 12 Thru Friday August 16, 9AM-2PM	\$400 for 5 days
Monday August 19 Thru Friday August 23, 9AM-2PM	\$400 for 5 days



Reading Youth Hockey Special 50% off listed price if signed up by June 30!

Mites * Squirts * PeeWees



Program Descriptions:

POWER SKILLS: Players will be placed into groups based on ability. This two hour per session program is all things skating! Edges, overspeed, crossovers, racing, agility, stride & resistance. Plus fun stuff! Puck protection, battle drills and small games in the 2nd hour.

POWER DEFENSE: Space is limited and sells out every year. Covers backward skating, edges, pivots, crossovers, Mohawk turns (hips open), eliminating un-needed crossovers, breakouts, gaps, transition, angling, net coverage, partner play and passing, battle drills and positioning, offensive blue line drills etc. Any and everything Defense. Become a better skating, more physical, puck moving defenseman!

POWER FORWARD: Space is limited. Offensive concentration with power skating, speed training, edges, resistance, Mohawk turns (open hips), passing, shooting, puck handling and protection, battle drills and small games. Wanna get to the net hard, protect the puck and finish? Come train with us!

POWER SKILLS DAY CAMPS: Our week long camp features 3 hours of ice per day, covering "total skills." Skating, edgework, overspeed, resistance, stick handling, puck protection, shooting, passing, positional drills, battles and small games etc. Off ice shooting, stickhandling, plyometric stations and outdoor games will accompany any down time. Players will be placed in groups based on age & ability.

For more information or to register for any of our programs, go to our website @ www.cnhockey.com, contact chris@cnhockey.com or call 781-640-2422

REGISTRATION FORM

*Registration and credit card payment option available online at cnhockey.com

Name: _____ Date of Birth: ____/____/____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____

Position: _____ Shoots: L / R Current Team: _____

School: _____ Hockey Reference: _____

Parent Name: _____ Parent Phone: _____

Parent Emails: _____

PROGRAM SIGNING UP FOR:

CN HOCKEY PROGRAM _____ DAY/TIME/LOCATION _____

PAYMENTS ARE NON-REFUNDABLE! PAYMENT IN FULL DUE AT SIGNING!

Please make all checks payable to CN Hockey, Inc and return all registration forms to:

CN Hockey, Inc.

43 Grand St

Reading, MA 01867

RELEASE FORM

As Parent/guardian of the above named child, I hereby grant permission for him/her to participate in the activities of CN Hockey Inc. and the Mass Attack summer tournament team. I hereby waive, release and forever discharge said CN Hockey Inc and the Mass Attack program, it's officers, members, agents, representatives and employees from all claims and demands which I, my heirs, executors and administrators, and those of the above named child have or may have by reason of any personal injury or injuries, property loss, property damage or damage of any nature whatsoever resulting from the participation of the above named child in the activities of CN Hockey Inc. and the Mass Attack summer tournament team, and any consequences arising there from. I hereby authorize CN Hockey Inc. to allow the reproduction, dissemination, and/or publication of my / the minor's name and/or likeness for media coverage, public relations, or any other purpose which may involve the use of photographs, films, and/or video tape recording and understand that CN Hockey Inc. retains title, exclusive and unlimited rights to all internet streaming files including live and archived games, interviews, and events broadcast to the Internet. This is to be done in conjunction with my/the minor's participation in this CN Hockey Inc and/or Mass Attack Summer Tournament Team event and I understand and agree that I may neither pay a fee to receive individual promotional consideration from my/the minor's participation in this event, nor will I/the minor receive any payment for the possible commercial use of my/the minor's name or likeness.

PARENT/GUARDIAN SIGNATURE:

DATE _____