

Conditioning Clinic Schedule

All Sessions at:

Aleixo Arena

150 Gordon Owen Riverway

Taunton, MA

Monday Nov. 21st

4pm-5pm On-Ice

5:15-6:15pm Off-Ice

Tuesday Nov. 22nd

4pm-5pm Off-Ice

5:30-6:30pm On-Ice

Wednesday Nov. 23rd

4pm-5pm Off-Ice

5:30-6:30pm On-Ice

Friday Nov. 25th

10am-11am On-Ice

11:15am-12:15pm Off-Ice

* Off-Ice Activities will take
place at the Arena

SC HD

Contact Information

Kris Metea

E-mail: kmetea@worchester.edu

Phone: 508-292-6486

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"South Coast Sports Development"
"SouthCoast Hockey"

South Coast Hockey

Pre-Season High School Conditioning Clinic



November 21st-25th

Aleixo Arena, Taunton, MA

**For Players Grades 8-12
preparing for High School
Season**

Pre-Season High School Conditioning Clinic



Do you want to prepare for your high school season?

The Pre-Season Conditioning Clinic was designed to prepare players physically for the rigors of tryouts. The combination of on-ice and off-ice activities will give players the opportunity to improve their fitness before the start of the season. The on-ice portion will incorporate skating and speed drills in an up-tempo practice. The off-ice portion will include sprints, body weight circuits, and plyometrics.

Registration Form

Cost \$65 per Player

Limit to 40 players (6 Goalie Cap)

Player Name:

D.O.B. ____/____/____

Grade: _____

Position: _____

High School Team:

Level: _____

Hometown, State, Zip Code:

Parent/Guardian Name:

Parent Contact Number:

Parent Email:

Insurance Company:

Policy Number:

Amount Enclosed: \$ _____

Check #: _____

Please make checks payable to South Coast Sports Development. Registration before November 15th will be made Priority. Payments for camp commitment are **non-refundable**.

Mail Form and Payment to:

South Coast Sports Development
Attn: Kris Metea
5 Scadding Street
Taunton, MA 02780

Release Waiver, assumption of risk and indemnification:

Upon entering events sponsored by South Coast Sports Development LLC, Kris Metea, Mark Rossi, the owners/members of participating rink facilities, I/We agree to abide by the rules and policies of the game of hockey, the arena, and camp/tournament supervision. I/We understand and appreciate that participation or observation of the sport constitutes a risk to me/us of serious injury, including permanent paralysis, or death. I/We voluntarily and knowingly recognize, accept, and assume this risk for myself/my child and release South Coast Sports Development LLC, Kris Metea, Mark Rossi, Adam Levesque, volunteers, participating rink facilities, its affiliates, owners, their sponsors or organizers from any liability therefore, and any suits, claims, or demands of any kind for personal injuries, property damage that I or my child may sustain while participating in the hockey program and/or other hockey related activities.

I have read and understand the Release of Liability and agree to terms and conditions specified therein (Must be parent/guardian if student-athlete/player is under the age of 18):

Name _____

Signature _____

Date _____