

## Conditioning Clinic Schedule

All Sessions at:

**Aleixo Arena**

**150 Gordon Owen Riverway**

**Taunton, MA**

### **Monday Nov. 20th**

4pm-5pm On-Ice

5:15-6:15pm Off-Ice

### **Tuesday Nov. 21st**

4pm-5pm Off-Ice

5:30-6:30pm On-Ice

### **Wednesday Nov. 22rd**

4pm-5pm Off-Ice

5:30-6:30pm On-Ice

### **Friday Nov. 24th**

2:30-3:30pm Off-Ice

4-5pm On-Ice

**\* Off-Ice Activities will take  
place at the Arena**



### **Contact Information**

**Kris Metea**

E-mail: [kmetea@worchester.edu](mailto:kmetea@worchester.edu)

Phone: 508-292-6486

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## **Pre-Season High School Conditioning Clinic**



**November  
20th-24th**

**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 Voyager Sports. Registration before November 13th will be made Priority. Payments for camp commitment are **non-refundable.**

### Mail Form and Payment to:

Voyager Sports  
Attn: Kris Metea  
5 Scadding Street  
Taunton, MA 02780

### Release Waiver, assumption of risk and indemnification:

Upon entering events sponsored by Voyager Sports DBA, Kris Metea, 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 Voyager Sports DBA, Kris Metea, staff, 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 \_\_\_\_\_