



**FALL/WINTER SHAPE-UP DEVELOPMENT 2020/21 (12 sessions once a week)
HAMILTON MOHAWK 4 ICE CENTRE**

1 hr week

Starting Week of November 26th

Once forms are in we will contact you to give everyone the information regarding facility protocol. **Limited Spots /NO Make-Ups/No Refunds * If everything shuts down due to Covid-19 we will freeze the program and restart when safe to due so with new dates. If limited to smaller groups due to Covid-19 under Health Canada orders price maybe subject to change.**

"TESTIMONIALS" at www.velenosihockeydevelopment.com from NHL Coach Paul Maurice World Cup, Winnipeg Jets, Carolina Hurricanes, Toronto Maple Leafs), Adam Mair (Toronto Maple Leafs, LA Kings, Buffalo Sabres, New Jersey Devils, now coach of Buffalo Sabres Player Development), Ben Chiarot (Winnipeg Jets), Matt Carey (Chicago Blackhawks) . All of these players started with us between the age of 3-5 and continued for many years.

***To become a complete Hockey Player, "SKATING" is the name of the game!! Proper skating skills, Foot Speed, Balance, Lateral Movements, Agility, Turns, Starts Stops, Backward development is the "Velenosi Way of Skating and Playing" Our 1 hour classes includes skating, resistant, shooting, stickhandling skills, 4on4**
***Please email info@velenosihockey.com if you have any questions**

"Book Early, Classes fill Quickly"

About You...			
Name:	Age:	Date of Birth: (m) (d) (y)	
Current Level:	<input type="checkbox"/> HMHIP/Tyke <input type="checkbox"/> Pre-novice <input type="checkbox"/> House <input type="checkbox"/> S <input type="checkbox"/> AE <input type="checkbox"/> A/MD <input type="checkbox"/> AA <input type="checkbox"/> AAA		
Home Phone: () - -	Cell: () - -	Text () - -	
Email 1:	Email 2:		

Clinic	Date of Birth	Level	# Wk
1 Hr.	2009/2008/2007		

November 26th December 3rd, 10th, 17th - January 7th, 14th, 21st, 28th February 4th, 11th, 18th, 25th
Time for program is 8:30pm

For Those that were in the program for the Fall Shape Up please bring the jersey that was provided.

Only Etransfer	
<input type="checkbox"/> Book now as spots are limited \$450.00 plus hst is \$508.50	
mail to: Velenosi Power Skating c/o Mohawk 4 Ice Centre 710 Mountain Brow Blvd, Hamilton L8T 5A9	or drop off at the "Velenosi" mail box (beside the sports store at the Quad)
When sending etransfer please add your childs name under the subject line and phone number and program. We are not accepting credit cards at this time. E-transfers please provide your email for _____ date transfered _____	
Please print information clearly No refunds, No Credits	



Consent...	
I give my consent to my participation in all activities of the Velenosi power skating skills, hockey development, and resistance training (VPS), and agree that the school and/or its proprietors, staff, directors and any other person or corporation connected herewith from all manner of action, injury, loss, damages, costs, however caused by participation in this program on or off the ice and agrees to release the proprietors, staff, directors and any other person or corporation from all claims or damages which as a result of or by reason by such accidents or loss. This release shall be binding on our heirs, spouses, assigns, executors and administrators. I understand that all participants must wear full CHA approved hockey equipment during all on ice activities. Velenosi Hockey Development is not responsible for ice cancellations due to bad weather or situations not under our control.	
Parent/Guardian Signature	Dated