



CHRISTMAS BREAK 2021/22 DAY CLINIC

Quad December 20,21,22,23,27,28,29&30

1 HOUR PER DAY starting at 9:45-10:45&1045-11:45&11:45-12:45&12:45-1:45

**Skating and Resistance Training
Stickhandling and Shooting Skills**

Velenosi Power Skating and Hockey Development CHRISTMAS BREAK Daytime Program Each session will include proper Power Skating Skills with Stick and Puck Control, Resistance Training, Stickhandling and Shooting Skills. Full equipment, stick and water bottle will be needed. Skaters will be grouped by level. Contact info@velenosihockey.com for more information.

***To become a complete Hockey Player, "SKATING" is the name of the game!! Speed, Balance, Lateral Movements, Agility, Quick Turns, Explosive Starts, Fast Stops, Deeks, Backward development is the "Velenosi Way of Skating" Our on-ice resistance program will increase your child's Speed, Strength and Stamina!! Our Stickhandling and Shooting Skills, will complete your child's hockey development training.**

CELEBRATING OVER 35 YEARS IN THE AREA

About You.. *must be in a hockey program

Name: _____ Age: _____ Date of Birth: (m) (d) (y)

Last Level of Hockey: AAA AA A/Hub AE Select House League

Last VPS Clinic: _____ Day of Week: _____ Time: _____ Year: _____

Home Phone: ()- - - Cell: ()- - - Work: ()- - - ext.

Email 1: _____ Email 2: _____

**December 20,21,22,23,27,28,29,30 1 hour daily.
Full equipment,stick and water bottle.**

***Skaters may be moved up or down depending on age, level and enrolment numbers**

- (A) Ages 4+ Must be in a hockey program
HMHIP/Tyke/Pre-Novice/Novice . 9:45-1045 skating, resistance
shooting, stickhandling
- (B) Ages 7+ Must be in a hockey program
A/AA/AAA/MD/Select/House 1045-11:45 skating, resistance
shooting, stickhandling
- (C)Ages 10+Must be in a hockey program
A/AA/AAA/MD/Select/House 11:45-12:45 Skating,resistance
shooting, stickhandling
- (D)Ages 12+Must be in a hockey program
A/AA/AAA/MD/Select/House 12:45-1:45 Skating,resistance
shooting, stickhandling

Payment Instructions... 1 hour sessions 8 days

Please include full payment of \$320.00 plus h.s.t.\$41.60 \$=\$361.60

MC VISA Name.....#.....Expiry.....Amount.....
\$10.00 administrative fee will be added to all cc payments

We now accept e-transfers email _____ date e-transferred _____

MAIL TO: Velenosihockey c/o Mohawk 4 Ice Centre 710 Mountain Brow Blvd. Hamilton, Ontario L8T 5A9 or drop off in our "Velenosi Mailbox" next to the sports store at the Quad Pad *please email to let us know if you have dropped off or mailed a registration

***Please call the Mohawk 4 Ice Centre at 905-318-5111 for rink updates in case of bad weather or email info@velenosihockey.comclasses will only be re-scheduled if rink closes.
No refunds/credit only**

Consent..

I give my consent to my participation in all activities of the Velenosi power skating skills, hockey development, and resistance training (Velenosi Hockey Development), 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. V.H.D. is not responsible for ice cancellations due to bad weather or situations not under our control.

Parent/Guardian Signature _____

Dated _____