Heenan's Hockey Systems LLC

Presents...

The 1 Week GAME CAMP

for BANTAMS ONLY

@ Whitestown Arena

August 2nd - August 6th

Want to play College Hockey? ...Then learn from College Coaches!

Heenan's Hockey Systems:
“Skill Development Series” - Cicero, NY
(Wednesday’s April - June)

“Skill Development Series” - Whitestown, NY
(Monday’s April - June)

“CNY Stars Camp” - Whitestown, NY
**Featuring NHL Stars**
(July 12th—July 16th)

“The Goaltending Series” - Cicero, NY
(July 19th—July 23rd)

“Game Camp” - Whitestown, NY
(August 2nd—August 6th)

“1 Week Camp” - Cicero, NY
(July 19th — July 23rd)

Contact Coach Heenan for more info. @ (315)792-3726 or gheenan@utica.edu

HHS
Intense Hockey Training

HHS Medical Release and Release of Liability:
I, hereby covenant and agree with HHS, the owners, employees, instructors and staff in any activities in which my son/daughter is a participant, to indemnify and hold harmless, each and every one of them from and against all claims, liability, loss cost, damage and expenses which may in any way arise out of, or in connection with, the use by him or her of such facilities, including without limitation all claims he/she might have for personal injury or property damages to him/her or so arising.
I, herby give consent to administer first aid and, if needed, transport to the nearest emergency medical facility.

Signature (parent/guardian):

___________________________________________

Date: __________________

Please note any medical conditions the staff should be aware of:

___________________________________________

___________________________________________

___________________________________________

Please send to:

Coach Heenan
Utica College Hockey
1600 Burrstone Rd
Utica, NY 13502
(315) 792-3726
Designed to help each player reach their potential, **Heenan’s Hockey Systems** include a method of instruction that clearly identifies a player’s inefficient habits. Those individual tendencies become the focal point that **HHS** isolates by pushing that player to break his or her "comfort zone". The result: the player re-learns through proper coaching techniques and repetition to develop a stride that’s more efficient, more explosive and more powerful, incorporating greater agility with better balance.

**HHS** incorporates all of the following into the daily schedule of our Summer Program:

- **Practice**: Up-tempo, College Equivalent drill session.

- **Small Ice Games**: Teaching the concepts of hockey through a series of small area competition oriented activities.

- **Game**: Refereed, college coaches, full ice contest.

**Typical Day at HHS:**

All Sessions start promptly at 8:30 am

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>8:30 am—9:30 am</td>
<td>On Ice Practice</td>
</tr>
<tr>
<td>9:50 am—10:20 am</td>
<td>Dry Land Training</td>
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<tr>
<td>10:50 am—11:50 am</td>
<td>Small Ice Games</td>
</tr>
<tr>
<td>12:00 pm—12:30 pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:00 pm—2:00 pm</td>
<td>Game</td>
</tr>
<tr>
<td>2:15 pm—3:00 pm</td>
<td>Sports Session</td>
</tr>
<tr>
<td>3:00 pm</td>
<td>Departure</td>
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⇒ Lunch is **NOT** provided
⇒ Road Hockey Stick **needed**

**2010 Available Discounts:**

- **Family Discount**:
  - 2 Children (same household) $25 off each application
  - 3 Children (same Household) $50 off each application

- **Group Discount**:
  - 5 or more Players $25 off each application

*ALL DISCOUNTED APPLICATIONS MUST ARRIVE TOGETHER IN ORDER FOR DISCOUNTS TO APPLY*

*ONLY 1 DISCOUNT APPLIES TO EACH APPLICATION*

**NOTE:**

This program is aggressively taught. Players are pushed hard to their limits and beyond. This is designed to better the player’s ability not to be "just fun". Athletes are expected to work hard and follow instructions. This is not a program for those that are not focused on significantly improving. Coach Heenan will remove those athletes that distract from the system’s intensity.