

## THE PROGRAM

This program is designed to aid in the preparation of the athlete for the upcoming season's try-out camps. Each session will include a warm up and cool down; a series of high-tempo drills designed to enhance a player's skill development, and the high-tempo 3 vs 3 competition.

The 3 on 3 competition is managed in a half ice format, which provides excellent game simulation and a strong conditioning effect. Players who work hard and are committed during the ice sessions can expect to improve individual skills, team tactics, and most significantly, improve their overall conditioning, by playing the game they enjoy.

Sessions include positive feed back for error correction, so players are aware of their progress. Individual and team statistics will be kept to assist the players in understanding their own progress and contributions to their team.

The format for each session includes 4 teams of 9 skaters each playing a round robin session consisting of approximately twelve-minute games. There will be goaltenders rotating at each end of the ice.

**Players are expected to give 100%, as this is a conditioning camp and most of all have FUN. The time and money invested must equate the development and enjoyment of each player.**

## HOW TO REGISTER

Mail your completed application form, signed by parent or guardian, along with your cheque or money order (made out to "Rocky Minor Hockey Association") for the full amount of your registration fee to:

Rocky Minor Hockey Association  
Box 1903  
Rocky Mtn. House, AB  
T4T 1B4



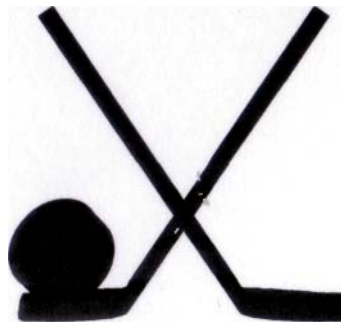
or drop in "Rocky Minor Hockey Office"  
mail slot at arena complex.

- > A separate application form must be submitted for each player registered.
- > **Registration deadline August 24/10**
- > 11-13 year olds \$55.00  
14-17 year olds \$55.00

### **All sessions are at the Kootenay Arena**

Open to eligible 2010/11 Pee Wee, Bantam & Midget Players

### **Limited spaces available**



## FUN 3 ON 3 REGISTRATION FORM

**Please print all information**

NAME

ADDRESS

TOWN

PROV.

POSTAL CODE

EMERGENCY CONTACT PERSON

PHONE NO.

DATE OF BIRTH D / M / Y

SEX M

LAST YEAR'S TEAM

POSITION

DATE

PARENT/GUARDIAN SIGNATURE

## INFORMED CONSENT

I \_\_\_\_\_ (name of parent/guardian) am Authorized and request to have (my child) \_\_\_\_\_ participate in the Rocky Minor Hockey Association (RMHA) 3 on 3 Program (the Program).

**I AM AWARE AND ACKNOWLEDGE** that the program involves many inherent **RISKS**, which risks include but are not limited to the possibility of personal injury such as skin abrasions, nerve, bone, spinal cord and neck damage, pain, paralysis, brain injuries or even death, property damage and property loss.

I UNDERSTAND that the above activities require a minimum level of fitness and physical, mental and emotional health (collectively "health"). I further understand that the probability of the risks occurring depends in part on my child's level of fitness and health as well as awareness, care and skill with which my child conducts him or herself in the Program.

**I WARRANT** that my child is physically, mentally and emotional fit to participate in the Program.

**I UNDERSTAND, AGREE AND ACKNOWLEDGE** that:

a. choosing to have my child participate in the Program brings with it the assumption by me and by my child of the risks and I **ASSUME FULL RESPONSIBITILY** to instruct my child about the risks and the choices available to him or her relative to those risks;

b. I am free to withdraw my child from the Program at any time. In any case, I agree to withdraw my child from the Program immediately if my child begins to experience any signs of transient lightheadedness, fainting, chest discomfort, leg cramps, nausea or other similar ailments;

c. RMHA is not responsible for administering medication to my child or for providing any medical treatment whether on an emergency basis or any other basis; If my child takes medication it is my responsibility to see that he or she does so.

d. the Program may be conducted by personnel whose skills and competencies vary according to their training and experience and that the Program may be provided by persons who are not employed by RMHA. **IT IS MY RESPONSIBILITY** to determine whether or not I am satisfied with the qualifications of the Program personnel and I understand RMHA assumes no responsibility for the skill or competence of such personnel.

I declare that I have read, understood and agree to the contents of the **INFORMED CONSENT** form in its entirety this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_.

Parent \_\_\_\_\_  
Child \_\_\_\_\_

Witness \_\_\_\_\_

## CAMP OPERATION

Local groups are combining in 2010 to offer the local hockey community a preseason program that will assist players with skill acquisition and development, aerobic and anaerobic conditioning in a fun filled competitive environment, all for a very affordable fee.

Enrollment is limited to ensure maximum training time and instruction. Curriculum includes drills for skill acquisition and development, plus game simulation and conditioning through 3 vs 3 competition.

### Dates:

Tuesdays & Thursdays August 31 – September 16, 2010

7:15-8:30 pm, 11-13 year olds  
**\$55.00** registration (by August 24)

8:45-10:00 pm 14-17 year olds  
**\$55.00** registration (by August 24)



Rocky Minor Hockey Association

Presents

Fun on 3

Conditioning

Hockey

August 31 – Sept 16/10

Kootenay Arena



**For more information, contact:**

Toni Alexander (403) 845-4926

Peggy Bensmiller (403) 845-7288

