

GOALIE DAY CAMP REGISTRATION FORM

PROGRAM

This one day camp will focus on puck stopping and power skating. Contenders will learn the key fundamentals with respect to when, why and how a goaltender skates. This program will focus on 11 main areas: forward and backward skating (t-glide, c-cuts), lateral and diagonal skating (t-glide, shuffle), puck handling, agility/recovery, balance, turns, crossovers, stops/starts and positioning/angles. Goaltenders should be prepared for the day with a bagged lunch, healthy snacks, dryland clothes and racquetballs. Itinerary for the day will be provided for the goalies prior to September 12. Atom/ Pee wee will be grouped together and Bantam/Midget will be grouped together. Space is limited to 12 goalies per group!

Mail your completed registration 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 the registration fee to:

**Rocky Minor Hockey Association Box 1903
Rocky Mountain House, AB T4T 1B4 or
drop in "Minor Hockey Office" mail slot at
the arena complex.**

**Open to all eligible 2010/11 Atom, Peewee,
Bantam and Midget goaltenders.**

Saturday, September 18, 9:00 am - 3:45 pm

FEE:

Registered RMHA Goalie \$25

Non Registered RMHA Goalie \$70

Name

Address

Postal Code

Phone

**Emergency Contact Person /
Phone Number**

Date of Birth D/M/Y

Sex M F

Parent / Guardian Name

Signature



Goalie day camp
Registration form



Saturday September 18, 2010