

OAK PARK ICE ARENA

Spring Hockey Registration Form Skills/Training/Games*

Let us help your player improve their skills!

All sports begin with basic fundamental movement and core sports skills. The ABC's of athleticism include agility, balance, coordination and speed, while fundamental movement skills include running, jumping, skating and throwing. Children must have a solid foundation in these fundamental movement skills before they will have success in acquiring sport skills. (American Development Model - USA hockey)

As coaches and parents, we need to be better about how time on the ice is allocated by including a training based schedule, one that improves player performance capacities thru development.

APRIL 22 – MAY 22, 2013

Cost of Program \$200

*Spring games (3 – 4 local games, and possible tournament TBD) additional cost

Group 1: Birth year 2002 – 2006

Group 2: Birth year 1996 - 2001

Ice Time: Monday & Saturday

Monday GR-1 5:15 – 6:30pm
Saturday GR-1 7:00 – 8:15am

GR-2 6:45 – 8:00pm
GR-2 8:30 – 9:45am

Training Day: Wednesday

GR-1 Training 5:15 – 6:30pm
GR-2 Shooting Gallery 6:00 – 6:30pm

Shooting Gallery 6:35 – 7:05pm
Training: 6:35 – 7:45pm

Name _____ Birth year _____

Level (Circle those that apply) In-house Travel Tier Player

Email _____ Phone _____

USA Hockey number _____

We accept cash or credit. (No checks please)

