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Pro-style training designed by an NHL Pro

Welcome to RICK HEINZ HOCKEY & GOALIE SCHOOL Summer Program

Thank you for choosing one of Rick Heinz Hockey & Goalie School. We hope you enjoy the program and come again next year. See information below to help you get ready for the upcoming camp. Please read carefully filling out forms clearly and completely.

REGISTRATION PACKAGE - Includes the following:

- 1) REGISTRATION WELCOME LETTER & CHECK LIST (this letter should be kept as a reference)
- 2) STUDENTS RESPONSIBILITIES (must be read and understood by all players and goalies attending the school)
- 3) INVOICE (keep for your records and income tax purposes)
- 4) HEALTH REPORT/BEHAVIOUR AGREEMENT (must be filled out and mailed to Head Office - DO NOT TAKE TO ARENA)

PRE CAMP REGISTRATION - 1 HOUR BEFORE SCHOOL SCHEDULE START TIME - check your invoice or the website for the times.

- 1) All students and their parent(s) or guardian(s) can attend our pre-camp registration.
- 2) Pre camp will be held one hour prior to the school's scheduled start time.

Pre-camp times are 1 hour before school start time and also noted on your INVOICE or check out the website for school times www.rickheinz.com.

HEALTH REPORT / BEHAVIOUR AGREEMENT

- 1) The enclosed form must be completed by a parent or guardian. Please mail to Head Office and do not take to arena.
- 2) All information on these forms is kept strictly confidential.
- 3) If there are no medical problems then only parent(s) must sign but in the case of more serious medical problems a Doctor must fill out and sign the health form.
- 4) Should there be any behavioural problems we reserve the right to suspend students from the camp and inform the parents to pick-up their child with **NO REFUND**.

BALANCE OWING - MUST BE PAID 30 DAYS BEFORE SCHOOL SCHEDULED START DATE.....STUDENTS WITH BALANCES OWING WILL NOT BE ALLOWED ON THE ICE - UNTIL BALANCE IS PAID!

OTHER INFORMATION - PLEASE GO TO OUR SITE AT www.rickheinz.com or call us toll free at 1-877-434-6977

STUDENTS CHECKLIST FOR THE CAMP

DAILY NEEDS BRING:

- 1) LUNCH - provide own lunch
- 2) SNACK - optional
- 3) WATER

OFF-ICE TRAINING BRING:

- 1) T-Shirt
- 2) Shorts or Sweat Pants
- 3) Running Shoes

ON-ICE TRAINING BRING:

PLAYERS EQUIPMENT:

- 1) Helmet
- 2) Mouth Guard
- 3) Gloves
- 4) Stick
- 5) Shoulder Pads
- 6) Leg Pads/Shin Pads
- 7) Socks
- 8) Skates

- 9) Jersey
- 10) Hockey Pants
- 11) Jock Strap

ON-ICE TRAINING BRING:

GOALIES EQUIPMENT:

- 1) Goalie Helmet - beginner
goalies may use a hockey helmet but it must have a cage.
- 2) Mouth Guard
- 3) Gloves & Blocker
- 4) Goalie Stick
- 5) Chest & Arm Pads
- 6) Goalie Pads
- 7) Throat Guard
- 8) Socks
- 9) Goalie Skates - beginner
goalies may us hockey skates.
- 10) Jersey
- 11) Goalie Pants
- 12) Jock Strap

PLEASE SEE OTHER SIDE FOR GOALIE AND PLAYER RESPONSIBILITIES



GOALTENDERS/PLAYERS RESPONSIBILITIES

(Parents please have child read carefully prior to goalie/hockey school)

All goalies/players must be ready (fully dressed) to go on the ice 10 minutes before each session. After each session, goalies/players should get undressed quickly, hang up their equipment and go to their next activity. If you need assistance getting dressed, please let our staff/instructors know, so they can help you out!

ON-ICE THEORY SESSIONS FORMAT

The on-ice theory sessions are designed to introduce new skills and concepts to the participants. This includes video taping also (for goalies only).

Approximately 6 to 10 minutes have been allocated per station. Therefore, it is each goalie's/player's responsibility to rotate accordingly and get equal time at the station. If for some reason a goalie/player does not participate at one station or participates briefly, he should begin at the next station. Goalies/players must take turns going first at each station!

Don't Stand Around! Goaltenders/players will have time when they are not involved at the station. Take this opportunity to work on your weaker skills in the practice areas to the sides.

Goaltenders & players who are not involved at the station should help retrieve pucks and set up the station for the next group, so that valuable time will not be wasted.

If a goalie/player has any questions, he/she should feel free to approach the instructor or head instructor for help.

Goalies/players are encouraged to work with other students to make each other better. Tap your partners on the pads or high five them after they finish the drill to congratulate them.

CLASSROOM SESSIONS

Each goalie will be videotaped and analyzed by an instructor. Goalies will receive a performance report at the end of the week. Proper classroom behaviour is mandatory so that each goalie can learn in a positive environment. Please be quiet during video analysis, so all goalies can hear and learn from the instructor.

OFF-ICE SKILLS FITNESS

These sessions will vary from day to day to coincide with on-ice sessions. Bring running shoes, sweat suit, shorts or whatever the instructor requires.

AWARDS

At each camp our staff selects a top athlete/performer in the goalie and hockey program. Other award include: Most Improved, Most Dedicated, Best Off-Ice, Showdown Contest for goalies and other Skill Awards for players.

OUR PHILOSOPHY

Work hard and have fun!

