Learn From The Best!

D.J. LaVarre  (847) 212-0404 / hockeygolf@msn.com
- Hockey Director, Winnetka Hockey Club
- Head Coach, Loyola Academy Gold
- AHAI Coach of the Year 2004/2012
- 2011 Illinois Hockey Hall of Fame Inductee

Tom Gullen  (847) 501-2069 / tgullen@winpark.org
- 31 Year Head Coach, Winnetka Hockey Club
- Nine-time State Champion
- AHAI Coach of the Year 2006
- 2009 Illinois Hockey Hall of Fame Inductee

Al Pecka
- 25 Year Head Coach, Skokie, New Trier and Winnetka Hockey Club; current coach of two Winnetka Mite Travel

Joe Heaton
- 15 Year Head Coach Experience
- Current Head coach Wilmette Brave Mite 1 & 2
- Former Mite and House League Director for Evanston Hockey
- USA Level 4 Certified Coach

Daily Camp Schedule

Group # 1  (Mite House: 2006-08 Birthyears)
9-10:45 am  On-Ice Skills & Scrimmage
11 am - 12 pm  Off-Ice Training
12:00 pm  Depart

Group # 2  (Mite: Travel: 2007-08 Birthyears
& Squirt Travel: 2004-05 Birthyears)
Must have played full season of travel or house plus
9-10:30 am  On-Ice Skills
11 am - 12 pm  Lunch
12:30-1:45 pm  On-Ice Game
2-3 pm  Off-Ice Training
3 pm  Depart

August 11 - 15, 2014
We invite you to participate in our camp. All four of our lead instructors are recognized both locally and nationally for their experience as a coach and teacher of young hockey players. We will strive to both improve your child’s skills while having a fun, enjoyable summer hockey experience. We will employ small group stations that will allow each instructor to focus on a specific skill while getting lots of repetitions. Your child will work hard, but will also have fun.

The game of hockey comes down to being able to execute the core skills of the game:

- **Dynamic Skating:** strides, turn and cross-overs, stops and starts, and balance. The better the skater, the better the hockey player. The foundation of the game of hockey is skating and we will put a great emphasis on improving your speed and efficiency.

- **Puck Control:** Techniques in controlling the puck at a high speed, dekes, using the body to control the puck, and specialized moves.

- **Shooting:** Extensive repetition and instruction in all shots, including slapshots for Pee Wee and older players.

- **How to score:** Over the years we have seen a decline in what we call the “pure” goal scorer. We will teach you tips and techniques that will put you in a position to score with greater frequency, regardless of your age or position.

- **Play:** There will be ample time for both small area games and full-ice scrimmages that will allow each camper to practice the skills they have learned.

### Off-Ice Training
Training off the ice should be fun. We will focus on games where kids play and don’t really realize they are working hard. We will focus on four activities:

- **Micro soccer:** Small area soccer games with constant action and movement, lots of goals, lots of touches and a whole lot of fun.

- **Shooting Stations:** Shooting can be greatly improved by repetition. We want each child to shoot the puck at least 75 times daily on and off the ice.

- **Ball Hockey:** Think hockey without the ice, and just like mini soccer a ton of movement and action.

- **Stick Handling:** Using a ball and the “Fast Hands” training aids we will aim to improve puck handling skills off the ice as well.

### What To Bring To Camp
Please bring the following with to camp every day:

- Full Hockey equipment
- Workout clothes including shoes
- Extra stick for ball hockey
- Lunch (for all day program only)
- Water and/or sports drink

### Winnetka Park District
**5 Skills Hockey School**

**PLEASE PRINT**

**Participant’s Name**

**Street Address**

**City**  Zip

**Home Phone**

**E-mail Address**

**Emergency #**

**Registering for:**

- Group #1 (Mite House)
- Group #2 (Mite & Squirt Travel)
- Goaltenders: Group #

**Americans with Disabilities Act (ADA)**

- Please check here if you need any accommodation, in accordance with the ADA, to effectively participate in an activity or at a facility. A staff member will contact you for more information. If you do not hear from us within two weeks prior to the start of a program, we encourage you to contact the Winnetka Park District.

### Waiver and Release of All Claims and Assumption of Risk
Please read this form carefully and be aware that in signing up and participating in the identified programs/activities, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with said programs/activities (including transportation services/vehicle operation, when provided).

I recognize and acknowledge that there are certain risks of physical injury to participants in these programs/activities, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in these programs/activities against the Winnetka Park District, including its officials, agents, volunteers and employees (hereinafter collectively referred as Winnetka Park District).

I do hereby fully release and forever discharge the Winnetka Park District from any and all claims for injuries, damages, or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with these programs/activities.

I have read and fully understand the above information, warning of risk, assumption of risk and waiver and release of all claims. If registering on-line or via fax, your on-line facsimile signature shall substitute for and have the same legal effect as an original form signature.

**Participant’s Name** ___________________________  **Parent/Guardian Signature** ___________________________  **Date** __________

**PARTICIPATION WILL BE DENIED** if the signature of adult participant or parent/guardian and date are not on this waiver.

### Camp Fee

<table>
<thead>
<tr>
<th></th>
<th>Group #1 Mite House</th>
<th>Group #2 Mite &amp; Squirt Travel</th>
<th>Multi-Child Family Discount</th>
<th>Goalie Discount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Price</td>
<td>$260</td>
<td>$360</td>
<td>10% (2nd or 3rd child only)</td>
<td>$100 off</td>
</tr>
</tbody>
</table>

All refunds will have a $50 service fee. No refunds will be granted after July 15, 2014.

### Payment Information

- **Cash**
- **Check**
- **Credit Card**

**Account Number** ___________________________  **Expiration Date** ___________________________

**Total Amount Enclosed** ______________________

**Cardholder Name** ___________________________

**Authorized Signature** ______________________

For Further Group Clarification, See Camp Daily Schedule For Birthyears!