



## “Hockey 101”

The HDC “Hockey 101” will start later in late October and will continue through early March. We believe it is never too late to start and it seems many people are apprehensive about starting at a later age. Long ago, many associations had “house” or “rec” leagues for those kids that did not play on the traveling teams due to skill, time or even cost. This program has similarities, but with more skill development opportunities.

**ALL PLAYERS MUST BE IN GRADES 4-8 AND HAVE LITTLE OR NO EXPERIENCE. WE WILL HAVE ROOM FOR UP TO 18 BOYS & 18 GIRLS. KIDS IN THIS PROGRAM SHOULD NOT BE INVOLVED WITH OTHER ASSOCIATION TEAMS TO AVOID ANY CONFLICTS.**

Each week will feature one hour of off-ice training in our Total Hockey Training Center and one hour of on-ice instruction by our staff. Every other week will include a 3- on-3 game, which is a great way to provide more ice time and greater opportunities to touch the puck.

The on-ice skill sessions will focus on skating, passing, hockey vision and puck control. We will also be teaching them many other aspects of the game. The off-ice training sessions will give the skaters a great format for working on skating skills, form, puck control, vision, quickness and shooting.

Players will receive a data collecting swipe card for their time in the training center. With that data collection, parents and skaters both can document specific improvement areas throughout the winter.

**BUILDING HEART, DRIVE & CONFIDENCE<sup>SM</sup>**

20775 Holt Avenue - Lakeville, MN 55044

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## “HOCKEY 101”

### INTRODUCTION TO HOCKEY FOR NEW PLAYERS

Our “Hockey 101” program is designed for older kids that are interested in playing the game, but may or may not have previous experience. This program is designed for boys or girls in grades 4-8 that have a strong desire to learn and play hockey.

#### Features:

- Sunday nights throughout the winter
- 2 hours per week (1 hour “on-ice,” 1 hour “off-ice”)
- Off-ice Hockey Specific Training
- Fast paced 3-on-3 games every other week

#### Dates:

Sunday evenings beginning on 10/26 and continuing through 3/1. No session on 11/30.



[www.hdc-totalhockey.com](http://www.hdc-totalhockey.com)

**MAIL OR FAX COMPLETED FORM AND  
SEND PAYMENT BY CHECK TO:**

Hockey Development Center

P.O. Box 1042

Lakeville, MN 55044

Fax: 952-469-1521

Phone: 952-469-2218

You can also register and pay on-line at:

**WWW.HDC-TOTALHOCKEY.COM**

2008-09 "HOCKEY 101" REGISTRATION FORM

**PLAYER NAME:** \_\_\_\_\_ **BIRTH YEAR:** \_\_\_\_\_

**PARENTS NAMES :** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_ **CITY, STATE, ZIP:** \_\_\_\_\_

**PHONE NUMBER:** \_\_\_\_\_ **EMAIL:** \_\_\_\_\_

**EMERGENCY CONTACT AND PHONE:** \_\_\_\_\_

**INSURANCE COMPANY AND POLICY #:** \_\_\_\_\_

**SCHEDULE: Sunday evenings October 26th through March 1<sup>st</sup> from 3:15 PM - 5:30 PM (no session on 11/30)**

**INDIVIDUAL REGISTRATION FEE: \$300**

**WAIVER AND RELEASE OF LIABILITY**

In consideration of The Hockey Development Center, L.L.C. (the "Company") furnishing services and/or equipment to enable me to participate in programs and activities of the Company, I agree as follows:

I fully understand and acknowledge that (a) risks and dangers exist in my use of hockey equipment and my participation of hockey activities; (b) my participation in such activities and/or use of such equipment may result in my injury or illness, including but not limited to bodily injury, disease, strains, fractures, partial and/or total paralysis, eye injury, blindness, heat stroke, heart attack, death or other ailments that could cause serious disability; (c) these risks and dangers may be caused by the negligence of the owners, employees, officers or agents of the Company, the negligence of the participants, the negligence of others, accidents, breaches of contract, the forces of nature or other causes. These risks and dangers may arise from foreseeable or unforeseeable causes; and (d) by my participation in these activities and/or use of the equipment, I hereby assume all risks and dangers and all responsibility for any losses and/or damages whether caused in whole or in part by the negligence or other conduct of the owners, agents, officers, employees of the Company or by any other person.

I willingly agree to comply with the stated and customary terms and conditions for participation in programs and activities of the Company. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest Company official immediately.

I, on behalf of myself, my personal representatives and my heirs, hereby voluntarily agree to release, waive, discharge, hold harmless, defend and indemnify the Company and its owners, agents, officers and employees from any and all claims, actions or losses for bodily injury, property damage, wrongful death, loss of services or otherwise, which may arise out of my use of hockey equipment or my participation of hockey activities. I specifically understand that I am releasing, discharging and waiving any claims or actions that I may have presently or in the future for the negligent acts or other conduct by the owners, agents, officers or employees of the Company.

In further consideration of allowing me to participate in the aforementioned activities, I hereby agree to submit to binding arbitration any and all claims which I believe I may have against the Company. The arbitration shall be pursuant to the rules of the American Arbitration Association. The arbitrators shall apply the Federal Rules of Evidence to all proceedings. Arbitration shall be commenced within one year from the date on which any alleged claim first arose. Further, the arbitration shall be held in the state where the Company is located, unless otherwise mutually agreed to by all parties. The submission to the American Arbitration Association shall be unlimited and the arbitration award may be enforced by any court of competent jurisdiction.

I HAVE READ THE ABOVE WAIVER AND RELEASE, AND BY SIGNING IT AGREE IT IS MY INTENTION TO EXEMPT AND RELEASE THE HOCKEY DEVELOPMENT CENTER, L.L.C. FROM ANY LIABILITY FOR PERSONAL INJURY, PROPERTY DAMAGE OR WRONGFUL DEATH CAUSED BY NEGLIGENCE OR ANY OTHER CAUSE.

**Participant Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**If 18 or over, signature of player:** \_\_\_\_\_

**Printed name and signature of Parent/Guardian if Participant is less than 18 years of age:** \_\_\_\_\_