



Summer Off-Ice Conditioning Camp 2010

PROGRAM OUTLINE:

Hard work leads to success! This program is designed to enhance the physical attributes necessary for development as a hockey player. Off-ice conditioning will be the emphasis of this 3-week camp. This intense off-ice program will focus on strength, power, speed and endurance. Lower body, upper body and core areas will be developed systematically utilizing researched and proven training techniques.

WHEN: Tuesdays, Thursdays and Fridays from 6PM to 8PM

DATES: From August 3rd until August 19th

WHERE: Fox Valley Ice Arena in Geneva - South Parking Lot

WHO CAN PARTICIPATE: Anyone eligible to play hockey with Batavia High School Hockey in the upcoming season – **YOU DO NOT HAVE TO BE SIGNED UP FOR THE FALL SEASON TO PARTICIPATE IN THIS CAMP.** So long as you will be a student at Batavia, Kaneland, Aurora West, Aurora Central Catholic, Oswego or Aurora Christian high schools in the 2010-2011 school year.

WHAT TO BRING: Water bottle (**important!**), comfortable training clothes, running shoes and 3 tennis balls

COST: **FREE!** Just show up ready to work hard!!

COACHES: All certified coaches from the Batavia Hockey Club Program.

*****IMPORTANT*****

Please fill out the Hold Harmless form on the 2nd page and bring it with you.

Be sure to let Coach Keith Gorczyca know you will be attending the camp.

Contact him via e-mail puckhead2297@yahoo.com



**Summer Off-Ice Conditioning Camp 2010
- Hold Harmless Form -**

Participant Name: _____ **Phone:** _____

Emergency Contact Name/Phone: _____

I understand I am enrolling my child in an intense physical training program that will be held outside during August. I understand that although all attempts to minimize the risks will be utilized, there are risks of injury and illness as a result of my child's participation in this program.

Parent Signature: _____

Additionally, I hold harmless the Coaches listed and the Batavia Hockey Club, its board and all members for any injury or illness resulting from this program.

Parent Signature: _____