



9 HOURS OF CONDITIONING AND SKILL BUILDING DRILLS

This high intensity camp is just in time for the high school hockey season. The camp will focus on skill development and conditioning, specifically designed for the high school hockey player. Both on and off ice conditioning drills will be used to get the students prepared for the demanding high school hockey season. The 7 hours of on ice instruction will focus on high intensity drills and scrimmaging to enhance the students' skill level.

Two Separate Sessions at the Wallace Civic Center (Fitchburg)

<u>SESSION 1</u>				<u>SESSION 2</u>			
		<u>On - Ice</u>	<u>Off-Ice</u>			<u>On - Ice</u>	<u>Off-Ice</u>
Mon	11/14/11	5:20 - 6:20	Landry	Mon	11/21/11	5:20 - 7:30	Landry
Tue	11/15/11	5:20 - 6:20	Landry	Tue	11/22/11	5:20 - 6:20	Landry
Wed	11/16/11	4:10 - 6:20	Landry	Fri	11/25/11	5:20 - 7:30	Landry
Thu	11/17/11	5:20 - 6:20	Landry	Sat	11/26/11	3:10 - 5:20	Landry
Fri	11/18/11	4:10 - 6:20	Landry				

**To participate in off-ice conditioning all players must have proper attire including sneakers.*

Sign-up early, both sessions sold out last year!

\$180 per session or \$325 for both sessions session1 session2

Name _____ High School _____ Date of Birth ____/____/____

Address _____ City _____ State _____ Zip Code _____

Email Address _____ Home Phone # _____

Parents' names _____

Hockey

Position(s) _____ Height _____ Weight _____ Shot: Left or Right

HOLD HARMLESS AGREEMENT: In consideration of your enrolling my son/daughter in this program, I agree to indemnify and hold harmless the Peak Performance Hockey Camp, FMC, The Wallace Civic Center, and the W.C.C. Board of Trustees and all its officers, agents, employees and participants from all claims, liability, loss, damage, expense which may in any way, arise from my son/daughter's participation in the Peak Performance Hockey Camp. To the best of my knowledge my son/daughter is sound of health and I know no reason why he/she cannot participate in this program.

Name of Physician _____ Parent's Signature _____ Date _____

MAKE CHECK PAYABLE TO: Peak Performance Hockey
46 Prospect Hill Road
Harvard, MA 01451

For more information contact Kevin Lizotte, former coach St. Bernard's High School, at 978-257-7589 or Eric Short, Head Coach Lunenburg High School, at 978-833-2494.