

## 2019 The Pond Summer Camp Application

Player Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State & Zip: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Parent Email: \_\_\_\_\_

Parent Phone: \_\_\_\_\_

### Player Information

Birthdate: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Position: \_\_\_\_\_

Years of Hockey: \_\_\_\_\_

Dates of camp attending: \_\_\_\_\_

## Coaching Staff

### Tom Fritsche

*Pond Hockey Coordinator  
Former Professional Hockey Player Cleveland Monsters  
Former NCAA Standout with Ohio State  
Drafted in 2<sup>nd</sup> round of NHL draft by Colorado Avalanche*

### Mike Stephens

*Former Solon Head Coach  
15+ years coaching experience*

### Lou Sugarman

*Pond Hockey counselor*

*The pond has many more coaches to help the campers on ice as well as putting on hockey gear.*

In consideration of being allowed to participate in any skating/sports programs and related events at The Pond, the undersigned acknowledges, appreciates and agrees that: The risk of injury from the activities involved in these programs is significant, including the potential for permanent paralysis and death, and while particular rules, equipment and personal discipline may reduce the risk, the risk of serious injury does exist. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releases (as defined below) or others, and assume full responsibility for my participation. I willingly agree to comply with any rules and regulations of the facility. If, however, I observe any unusual significant hazard in participation, I will bring such hazard to the attention of the earnest official immediately. I, for myself, and on behalf of my heirs, assigns, personal representatives and next-of-kin, hereby release and hold harmless The Pond and their managers, officers, employees and advertisers (collectively "releases"), with respect to any and all injury, disability, death or loss or damage to person or property, whether arising from the negligence of the releases or otherwise. I have read the release of liability and assumption of risk agreement, fully understand its terms and understand that I have given up substantial rights by signing it freely and voluntarily without any inducement.

PARENT SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_



<b>June 3 - 7</b>	<b>Shooting/Goalie</b>
<b>June 10 - 14</b>	<b>Squirt/Pee Wee</b>
<b>June 17 - 21</b>	<b>Bantam/Highschool</b>
<b>June 24 - 28</b>	<b>Mites/New to hockey</b>
<b>July 8 - 12</b>	<b>Squirt/Pee Wee</b>
<b>July 15 - 19</b>	<b>Bantam/Highschool</b>
<b>July 22 - 26</b>	<b>Mites</b>
<b>July 29- Aug 2</b>	<b>Squirt/Pewee</b>
<b>Aug 5 - 9</b>	<b>Power Skating Week</b>

**Camp Fee: Players \$340, Goalies \$200**

To sign up online scan barcode



The Pond

9999 E. Washington St.  
Chagrin Falls, OH 44023

www.skateatthepond.com

The Pond

Tel: 440.543.388

# Camp Descriptions

## **Shooting/Goalie:**

This Camp is designed for players and goalies of all ages. If you want to score you have to shoot the puck and shoot it a lot. That is exactly what we will be focusing on in this camp. Players will be shooting pucks on the ice as well as off the ice. Coaches will instruct on proper technique to maximize the players power and accuracy. Goalie is the most specialized position in hockey. Our goalie coach we be with the goalies improving technique, quickness, and helping with all aspects of this unique position.

**Squirt:** (Birth Years: 09 10)

**Pee Wee:** (Birth Years: 07 08)

Young players need to work on fundamentals and skills in a fun learning environment. Skating being the most important. The skating that will be covered will work on edges, skating stride backward and forward, crossover, stopping, turning, quicker starts, and transitioning. Controlling the puck at high speeds is a skill that every kid needs to develop. Through a series of drills and games players will improve on stick-handling, passing, shooting, and basic puck control. After the skills are improved the staff will show how to use the skills in game situations within small area games and hockey specific drills.

**Bantam:** (Birth Years: 05 06) & **High School**

High Intensity will be the focus of this camp. On a daily basis players will be put through drills focusing on speed and skill. Hockey concepts such as angling and body checking will be taught throughout the camp using drills as well as small area games. Players will be expected to work hard and have fun.

## **Mites/ New to Hockey**

This camp is designed for hockey players that have 0-3 years playing experience. Players will be grouped by age and or skill level with drills being designed for the specific groups. Skating is the basis of hockey and will be the main focus of this camp. Through the use of full ice games (Tic-tac-toe, capture the flag etc..) players will have fun while improving their skating and puck control skills.

## **All ages Power Skating week**

As the season approaches The Pond offers one more week of camp for players of all ages. Power Skating week will have a heavy focus on technique, power, quickness and conditioning. Players will be grouped by age to help create a more practice like environment. This camp has max number of 40 players.

<b>June 3 - 7</b>	<b>Shooting/Goalie</b>
<b>June 10 - 14</b>	<b>Squirt/Pee Wee</b>
<b>June 17 - 21</b>	<b>Bantam/Highschool</b>
<b>June 24 - 28</b>	<b>Mites/New to hockey</b>
<b>July 8 - 12</b>	<b>Squirt/Pee Wee</b>
<b>July 15 - 19</b>	<b>Bantam/Highschool</b>
<b>July 22 - 26</b>	<b>Mites/New to hockey</b>
<b>July 29- Aug 2</b>	<b>Squirt/Pewee</b>
<b>Aug 5 - 9</b>	<b>All ages Power Skating</b>



## **7:45 am check in**

### **Monday/Tuesday/ Thursday**

8:00 - 8:50am	Warm up/ Conditioning
9:00 – 10:00am	Stick Handling/Shooting/Treadmill
10:00- 11:10am	On ice Skills and skating drills
11:10- 11:35	On-Ice Power Skating / Technique
11:35- 12:10	Stick Handling/Shooting/Treadmill
12:10- 1:00pm	Bag or Buy lunch
1:00.- 2:00pm	Speed and Agility on turf or outside
2:20 – 3:30pm	On Ice Small games and Scrimmage

### **Wednesday**

8:00 - 8:50am	Warm up/ Conditioning
9:00 – 10:00am	Stick Handling/Shooting/Treadmill
10:00- 11:10am	On ice Skills and skating drills
12:00- 3:00pm	Fun filled afternoon

### **Friday Schedule**

8:00 - 8:50 am	Warm up/ Conditioning
9:00 - 10:00 am	Stick Handling/Shooting/Treadmill
10:10 – 11:10am	Final Showcase Game
11:20- 11:40am	Ice Cream Truck and pick Up

Special Scheduling Notes: On Weds. we leave the Pond for an afternoon of fun 12 -3pm. Each week we will announce our adventure! Movies, swimming to name a few. Weds is included in Full Day Camp