



2019 – 2020

Saturday Am Hockey Programs

Tot, Starter, Developmental, Power Skating

Tot & Starter 8:10 - 8:55am is for players with little skating or hockey experience. Pre requisite is LTS Basic 1 or Tot LTS Hockey. Practices will introduce hockey skating skills, puck handling, passing & shooting. Full equipment is required.

Coach Lori will assess progression to our Developmental Program

Developmental Hockey 8:40 - 9:40am designed for the hockey player completing the Starter Hockey Program. USA Hockey ADM curriculum will focus on skating, stick handling, passing and shooting. Small area games and competitions will help the hockey players gain knowledge of the game along with creating a fun competitive atmosphere.

Coaches: Tom Fritsche, Jamie Misley and Jr. Assistant

Power Skating 8:40 –9:40am designed for the hockey player who is currently playing ice hockey with a team or looking to improve their skating and skills. Practices will work on the players' quickness, transitions, crossovers, tight turns, backwards skating, proper technique, and edge work. Our goal is to create good habits and proper technique so the players are constantly improving throughout the season. Coach Tom Fritsche

Stick and Puck Session 9:50 -10:50 (optional / additional practice time following your class fee of \$12)

Equipment Packages available with registration \$60



2019-2020 Dates & Fees

<input type="checkbox"/> Session 1	Aug 17 to Sept 28	7wks	\$115
<input type="checkbox"/> Session 2	Oct 5 to Nov 16	7wks	\$115
<input type="checkbox"/> Session 3	Nov 23 to Dec 28	6wks	\$100
<input type="checkbox"/> Session 4	Jan.4 to Feb 8 (no 1/18 or 2/15)	5wks	\$85
<input type="checkbox"/> Session 5	Feb 22 to April 11	8wks	\$130
<input type="checkbox"/> Session 6	April 18 to June 6	8wks	\$130

Skate Rental \$20 per session Join us at any time simply drop-in for **\$20** per class

COACHES:

Tom Fritsche: Hockey Coordinator and Former Cleveland Monster

Jamie Misley: Assistant Hockey Coach

[] Credit card payment [] Check enclosed, payable to: The Pond

CREDIT CARD# _____ EXP _____ CVV _____ AMOUNT _____

TOT STARTER DEVELOPMENTAL POWER

SKATER'S NAME _____

CIRCLE PROGRAM SELECTION

ADDRESS _____

CITY _____

STATE _____

ZIP _____

PHONE # _____

EMAIL _____

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. This venue is monitored by video cameras for security, safety and commercial purposes. Participants waive any claim relating to the capture or public transmission of his/her participation while at the venue.

.PARENT/GUARDIAN _____ DATE _____

\$PROGRAM FEE +\$SKATE RENTAL -\$DISCOUNT =\$TOTAL CASHIER / DATE

Questions, please contact
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Register Online
www.SkateAtThePond.com