

**The Hawks Athletic Club Conditioning Camp** provides hockey players, from Novice to Midget, the opportunity to enhance their conditioning and puck handling skills in preparation for the 2008/2009 hockey season. Hockey players who have enhanced their conditioning at the Hawks Athletic Club Conditioning Camp will be prepared to perform at a higher level during the fall evaluation and team selection processes. As well, these players will be able to recover quicker after the intense physical exertion associated with the game of hockey and will be less prone to injury.

**Week One / August 11 - 15, 2008** sessions will focus on developing the players' aerobic conditioning which will be accomplished through a variety of high intensity flow drills involving continuous skating and exertion.

**Week Two / August 18 - 22, 2008** sessions will focus on developing the player's anaerobic conditioning which will be accomplished through a variety of high intensity drills requiring stopping, starting, agility and acceleration activities.

Attending both sessions will provide hockey players with a solid conditioning base to start their hockey season.

**The Hawks Athletic Club Defenceman Camp** will provide players from Peewee to Midget, the opportunity to enhance their defensive play. Players will receive specific instruction in the key skills required to play effective defence, including skating and agility techniques, defensive zone coverage, transition, breakout patterns and awareness.

This is a very valuable camp as much of the attention during the hockey season tends to be focussed on the offensive aspects of the game. This camp is an opportunity for you, the Defenceman, to work on the key aspects of this very important position.

**New for 2008: The Hawks Athletic Club Goaltender Conditioning Camp** is being offered to goaltenders from Novice to Midget. Goaltenders will receive professional goaltender instruction which will include goalie power skating, crease movement, save and rebound techniques and goaltender puck handling and will feature live shooters and the Boni puck shooting machine.

**CONDITIONING CAMP SESSION SCHEDULE**

**CC SESSION 1: AUGUST 11 - 15, 2008**

5 hours on ice

**CC SESSION 2: AUGUST 18 - 22, 2008**

5 hours on ice

**CC SESSION 3: AUGUST 11 - 15, 2008**

10 hours on ice

**NOVICE**

Aug. 11 to 15 17:00 to 18:00 CDB  
 Aug. 18 to 22 17:30 to 18:30 CDA

**ATOM**

Aug. 11 to 15 17:15 to 18:15 CDA  
 Aug. 18 to 22 18:45 to 19:45 CDA

**PEEWEE**

Aug. 11 to 15 18:15 to 19:15 CDB  
 Aug. 18 20:00 to 21:00 CDA  
 21:15 to 22:15 CDA  
 Aug. 19 21:15 to 22:15 CDA  
 Aug. 20, 21 20:00 to 21:00 CDA

**BANTAM/MIDGET**

Aug. 11 to 15 19:30 to 20:30 CDB  
 Aug. 18 20:00 to 21:00 CDB  
 Aug. 19 20:00 to 21:00 CDA  
 21:15 to 22:15 CDA  
 Aug. 20, 21 21:15 to 22:15 CDA

**DC SESSION 4: AUGUST 11, 13 & 15, 2008**

3 hours on ice

**DEFENCEMAN CAMP SESSION SCHEDULE**

Aug. 11, 13, 15 20:45 to 21:45 CDB

**GC SESSION 5: AUGUST 12 & 14, 2008**

2 hours on ice

**GOALTENDER CAMP SESSION SCHEDULE**

Aug. 12 & 14 20:45 to 21:45 CDB

**THE HAWKS ATHLETIC CLUB  
 CONDITIONING CAMP REGISTRATION FORM 2008**

Applicant: \_\_\_\_\_

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

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

Phone: Res. \_\_\_\_\_ Cell: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

AB Health Care: \_\_\_\_\_

Medical Conditions: \_\_\_\_\_

\_\_\_\_\_

Were you enrolled in a hockey program during the 2007/08 season? Yes  No

If not with the Hawks, what club did you play with last season?

\_\_\_\_\_

Level to be played 2008-2009 season:

Novice  Atom  Peewee  Bantam  Midget

Parent's Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

I wish to register for the following sessions:

CC 1 <input type="checkbox"/>	Conditioning Camp - Week One	\$ 90.00	
CC 2 <input type="checkbox"/>	Conditioning Camp - Week Two	\$ 90.00	
CC 3 <input type="checkbox"/>	Conditioning Camp - Both Weeks	\$160.00	
DC 4 <input type="checkbox"/>	Defence Camp	\$54.00	
GC 5 <input type="checkbox"/>	Goalie Camp	\$36.00	
		Total	

## WAIVER

The sport of hockey and/or skating activities has inherent physical risks that may result in serious damage or personal injury. I knowingly and freely assume all risks. Medical and personal insurance is the full responsibility of the participants.

In consideration of the Hawks Athletic Club, its executive, members and instructors, accepting

\_\_\_\_\_  
(Name of Participant)

as a participant in their skating and hockey programs,

I \_\_\_\_\_  
(Name of Parent/Guardian)

hereby for myself, my heirs, executors, administrators and assigns, forever release and discharge the Hawks Athletic Club, their instructors, administrators, servants, agents, sponsors, employees or volunteers from any claims, demands, costs (including solicitor and client costs on a full indemnity basis) all actions, causes of action, proceedings arising out of or as a consequence of any loss, injury or damage however caused while attending and participating in the Hawks Athletic Club programs.

I declare that the Participant named above is in such physical condition, to the best of my knowledge, that will enable him/her to participate safely in all skating and hockey related programs and that no physician or other qualified individual has advised him/her against participating in this or similar programs and further assume all responsibility with him/her not obtaining such an examination.

### **FULL EQUIPMENT MUST BE WORN AT ALL TIMES**

Players registering with the Hawks Athletic Club or other groups within Federation Hockey and EMHA are covered by existing insurance. All other insurance precedes ours. All injuries must be reported and forms completed in a timely manner via the same process as a game or practice. If you accept these terms and conditions sign and date below.

Parent signature: \_\_\_\_\_

Date: \_\_\_\_\_

PLEASE COMPLETE THE REGISTRATION  
FORM, SIGN AND DATE THE WAIVER AND  
SEND WITH PAYMENT TO:

**HAWKS ATHLETIC CLUB**  
12839 - 141 STREET  
EDMONTON, AB T5L 4N1

Cheque or Money Order are acceptable forms of payment, as are Visa and Mastercard. If you wish to use your Visa or Mastercard, please complete the authorization below and include it with your registration form:

Visa or  
MasterCard No. \_\_\_\_\_

Expiry Date: \_\_\_\_\_

I authorize the amount of \$ \_\_\_\_\_ to be  
charged to my credit card:

\_\_\_\_\_  
Signature of Cardholder

# 2008 Conditioning Camp



## Defensemen Camp Goaltender Camp

**August 11 - 15**  
**August 18 - 22**

**Castledowns Arena**  
**11520 - 153 Avenue**  
**Edmonton, Alberta**