

Waiver

The sport of hockey and/or skating have 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, by accepting

(Name of Participant)

as a Participant in a Skating / Hockey Program, I

(Name of Parent / Guardian)

hereby for myself, my heirs, executors, administrators and assignees, forever release and discharge the Hawks Athletic Club, their executive, members, instructors, administrators, servants, agents, sponsors, employees and/or volunteers from any claims, demands, costs (including solicitor and client costs on a full indemnity basis), all actions, causes of actions, proceedings arising out of or as a consequence of any loss, injury or damage however caused while attending and participating in 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 against participating in this or similar programs and further assume all responsibility with him/her not obtaining such an examination.

FULL HOCKEY EQUIPMENT MUST BE WORN AT ALL TIMES, INCLUDING A MOUTHGUARD AND A PROPERLY FITTED HELMET. PARTICIPANTS ARE REQUIRED TO SUPPLY THEIR OWN CLEARLY IDENTIFIED WATER BOTTLE.

Participants registered with the Hawks Athletic Club or other groups within Federation Hockey and Hockey Edmonton 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.

I hereby accept the above terms and conditions by signature below:

Parent/Guardian Signature: _____

Date: _____

"Get BACK In The Game"



**YOU CANNOT REGISTER FOR
CONDITIONING CAMP ONLINE!!**

PLEASE COMPLETE THIS REGISTRATION FORM, SIGN AND DATE THE WAIVER AND SEND WITH PAYMENT (BY CHEQUE, MONEY ORDER, MASTERCARD OR VISA) TO:

HAWKS ATHLETIC CLUB
c/o 12808 - 134'A' Avenue, NW
Edmonton, AB T5L 3W6

Or scan and e-mail to lorrytoth@hotmail.com

If you wish to use MasterCard or Visa, please complete and sign the following authorization and include it with your registration form:

MASTERCARD _____ VISA _____

Card # _____

Expiry Date _____ 3-Digit Security # _____
(Necessary for Chip Cards)

I hereby authorize the amount of \$ _____ to be charged to my credit card.

(Cardholder Signature)

HAWKS ATHLETIC CLUB



2018 CONDITIONING CAMP

Week One - August 20 to 24, 2018
Russ Barnes Arena
6725 - 121 Avenue, Edmonton, Alberta

Week Two - August 27 to 31, 2018
Londonderry Arena
14520 - 66 Street, Edmonton, Alberta

The 2018 Hawks Athletic Club Conditioning Camp

will provide hockey players, from Novice to Peewee, the opportunity to enhance their conditioning, puck handling and skating skills in preparation for the 2018/2019 hockey season. Hockey players who have enhanced their conditioning in 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 20 to 24

Week One sessions will place an emphasis on developing the player's aerobic (cardiovascular endurance) conditioning which will be accomplished through a variety of high intensity flow drills involving continuous skating and exertion.

Week Two / August 27 to 31

Week Two sessions will place an emphasis on developing the player's anaerobic (explosive peak power) conditioning which will be accomplished through a variety of high intensity drills which involve stopping and starting, agility and acceleration.

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

Conditioning Camp Session Schedule

CC Session One: August 20 - 24

(Week One - 5 hours on ice)

CC Session Two: August 27 - 31

(Week Two - 5 hours on ice)

CC Session Three: August 20 - 31

(Both Weeks -10 hours on ice)

NOTE: ALL TIMES ARE IN THE EVENING (P.M.)

NOVICE

Russ Barnes Arena

Aug. 20 5:15 to 6:15
Aug. 21 5:15 to 6:15
Aug. 22 5:15 to 6:15
Aug. 23 5:15 to 6:15
Aug. 24 5:15 to 6:15

NOVICE

Londonderry Arena

Aug. 27 4:00 to 5:00
Aug. 28 4:00 to 5:00
Aug. 29 4:00 to 5:00
Aug. 30 4:00 to 5:00
Aug. 31 4:00 to 5:00

ATOM

Russ Barnes Arena

Aug. 20 7:45 to 8:45
Aug. 21 7:45 to 8:45
Aug. 22 7:45 to 8:45
Aug. 23 7:45 to 8:45
Aug. 24 7:45 to 8:45

ATOM

Londonderry Arena

Aug. 27 5:15 to 6:15
Aug. 28 5:15 to 6:15
Aug. 29 5:15 to 6:15
Aug. 30 5:15 to 6:15
Aug. 31 5:15 to 6:15

PEEWEE

Russ Barnes Arena

Aug. 20 9:00 to 10:00
Aug. 21 9:00 to 10:00
Aug. 22 9:00 to 10:00
Aug. 23 9:00 to 10:00
Aug. 24 9:00 to 10:00

PEEWEE

Londonderry Arena

Aug. 27 6:30 to 7:30
Aug. 28 6:30 to 7:30
Aug. 29 6:30 to 7:30
Aug. 30 6:30 to 7:30
Aug. 31 6:30 to 7:30

GOALIE CAMP/ALL CATEGORIES

Russ Barnes Arena

Aug. 20 6:30 to 7:30
Aug. 21 6:30 to 7:30
Aug. 22 6:30 to 7:30
Aug. 23 6:30 to 7:30
Aug. 24 6:30 to 7:30

Please register me in: (Check \sqrt below)

	CC Session 1 - Goalie Camp/ All Categories	Week One 5 days	\$150.00
	CC Session 1 - Novice, Atom, Peewee	Week One	\$150.00
	CC Session 2 - Novice, Atom, Peewee	Week Two	\$150.00
	CC Session 3 - Novice, Atom, Peewee	Both Weeks	\$300.00
		TOTAL	\$

**All sessions will be limited to
30 participants.**

**There will be no "drop-ins" for any
of our sessions this year.**

PARTICIPANT INFORMATION:

Name: _____

Address: _____

City: _____ PC: _____

Ph # (res) _____ (cell) _____

Email: _____

Date of Birth: _____

AB Health Care #: _____

Medical Conditions: _____

2017/2018 Hockey Club: _____

Level to be played for 2018/2019 (check one):

Novice Atom Peewee

Goalie Camp