



## **PARKLAND HOCKEY 3 ON 3 TOURNAMENT**

**August 24<sup>th</sup> & 25<sup>th</sup>**

**Cost \$800.00/team 4 Game Guarantee**

Each Game will consist of two 15-minute runtime periods.

Minimum of 7 players and maximum of 10 players per team including goalie.

Please contact us at [parklandhockeygroup@gmail.com](mailto:parklandhockeygroup@gmail.com) for additional information.

Sign up as a TEAM.

**Age Groups:**

**Parkland Gold Division 2007/2008**

**Parkland Silver Division 2008/2009**

**Spots are limited so register early!!!**

## **PARKLAND HOCKEY GROUP**

Craig Kibblewhite and Jason Fischer  
Parkland Hockey Group Directors

We provide hockey instruction / power skating programs to male and female players in Northern Alberta.

We take pride in our smaller class sizes, our quality instructors, our excellent blend of power skating component and hockey skill development. We will optimize your child's ability and ensure they are ready for their fall try-outs.

**Parkland Hockey Group student to teacher ratio on ice sessions will be 5:1. Groups will NOT consist of more than 22 players at a time.**

## **POWER SKATING**

Elaine Higgins is a NCCP Provincial Level Certified Coach in Figure Skating and is Canpower Program certified with Skate Canada. Elaine has coached power skating for both Hockey and Ringette players at an Elite Level in Edmonton and the County of Parkland which includes being the power skating coach for the Eagles Hockey Academy. Elaine's focus is on skill technique that maximizes power, strength and endurance.

**Parkland Hockey Group is proud to have Elaine Higgins as part of our hockey program.**

**For information on the PHG Hockey & Golf Camp visit [www.parklandhockeygroup.com](http://www.parklandhockeygroup.com)**



# **2019 POWER SKATING & SKILL PROGRAM**

[www.parklandhockeygroup.com](http://www.parklandhockeygroup.com)

**TRI LEISURE CENTRE**

**Spruce Grove, AB.**

**Aug 12-16, 2019**

**For additional information  
contact us at**

Phone: 780-975-0660 or 780-991-3499

Email: [parklandhockeygroup@gmail.com](mailto:parklandhockeygroup@gmail.com)

**Please print clearly**

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address:

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Position: (    ) Skater    (    ) Goalie

Birthdate:     /     /     

                  M           D           Y

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

**Please circle if applicable (+ GST)**

Session 1 - Parkland White	\$395.00
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Session 2 - Parkland Green	\$395.00
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Session 3 - Parkland Black	\$395.00
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Prep Camp - August 27 <sup>th</sup> - 29 <sup>th</sup>	\$140.00
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A planned nutritional lunch for the week is available.

**Cost \$70.00/week**                      yes / no

**Mail or email transfer the required payment to:**  
[parklandhockeygroup@gmail.com](mailto:parklandhockeygroup@gmail.com)

**PROGRAM      AUG. 12-16**

## Session 1 – Parkland White/Green (Recommended Novice)

Ice Session	9:15am - 10:00am
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Dryland 10:15am - 11:00am

Lunch 11:00am - 11:30am

Ice Session 11:45am - 12:45pm

## Session 2 – Parkland Black (Recommended Atom - Peewee)

Ice Session	10:00am - 10:45am
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Dryland 11:00am - 11:45am

Lunch 11:45am - 12:30pm

Ice Session 1:00pm - 2:00pm

**On Ice:** Skating is the most important individual skill in Hockey. Power Skating will be a daily component of the 1<sup>st</sup> session directed by Elaine Higgins Professional Power Skating Instructor. The 2<sup>nd</sup> session will consist of stickhandling, passing, shooting and scoring. The individual player is challenged to improve their own skill development during each of the drills.

A group of young hockey players are sitting on a wooden bench in a locker room. They are wearing various hockey jerseys, including green, white, and yellow. Most of the players are wearing helmets and holding hockey sticks. The background is a blue wall with a wooden bench. The players are looking towards the camera, and some are smiling. The jerseys have different logos, including a 'P' on a white jersey and a '2' on a green jersey. The players are wearing black and white hockey pants and skates. The overall atmosphere is casual and friendly.

I hereby (as parent and/or guardian) agree to have my child participate in the program operated under the name of Parkland Hockey Group at my risk and peril. "P.H.G." will not be held responsible for any accident, injury, loss or damage to any player. Notwithstanding anything to the contrary set forth in this brochure, if I am successful in any suit, action, or proceedings against P.H.G. for any damages, loss, costs or expenses (including punitive damages) the awards (including court costs) shall be limited to the amount of fee paid to me the P.H.G.

Print Parent/Guardian Name: \_\_\_\_\_

**X** \_\_\_\_\_  
Signature of PARENT/GUARDIAN

**AB Health Care #:** \_\_\_\_\_

**Medical Information:** Are there any medical conditions or medication that P.H.G. should be aware of?