

Fall Hockey Camp...

- Structured for both boys and girls
- Focuses on hockey skills that will prepare players for upcoming hockey season
- 50 minutes of on-ice skills
- 30 minutes of off-ice workout
- 5 weeks, 2 sessions a week (Sunday & Thursday evenings)

On-ice Sessions...

- Skating fundamentals to develop speed and quickness
- Full-ice shooting drills
- Passing drills
- Stick handling drills

Off-ice Sessions...

- 1 day / week - plyometric exercises
- Other day / week - shooting, stick handling and passing skills

Coaches Include...

- Jeff Gunderson
- Eric Borre
- Shaun Borre
- Jeannen Gulenchyn

Questions?

For questions about the 2012 South Wood County Fall Hockey Camp, please contact:

Mike Gulenchyn at
mcg@mosmc.com

2012
South Wood County

Fall Hockey Camp

10 Sessions
September 6 - October 7
South Wood County Rec Center
Wisconsin Rapids





Fall Hockey Camp...

Dates...

- 10 sessions, Thursdays & Sundays
- September 6, 9, 13, 16, 20, 23, 27, 30, October 4, 7

Times...

- **Group 1 - (Age 8 & Under)**
On-ice session - 5:00 - 5:50 p.m.
Off-ice session - 6:10 - 6:40 p.m.
- **Group 2 - (Age 9 - 12)**
On-ice session - 5:50 - 6:40 p.m.
Off-ice session - 7:00 - 7:30 p.m.
- **Group 3 - (Age 13 - 18)**
On-ice session - 6:55 - 7:45 p.m.
Off-ice session - 8:05 - 8:35 p.m.

Note!

On October 7, all sessions will start one hour and fifteen minutes later:

- Group 1 - On-ice 6:15 - 7:05 p.m.
- Group 2 - On-ice 7:05 - 7:55 p.m.
- Group 3 - On-ice 7:55 - 8:45 p.m.

Cost...

Full Camp	\$100
One Day/Week	\$60
Goalie Full Camp	\$25

**Please make checks payable to:
South Wood County Youth Hockey
Association**

Registration... Mail to: Mike Gulenchyn, 4521 Eagles Nest Rd., Wisconsin Rapids, WI 54494

Participant's Name: _____ Male Female

Group 1 (Age 8 & Under) Group 2 (Age 9 - 12) Group 3 (Age 13 - 18)

Address: _____

Phone Numbers - Home: _____ Cell: _____

Email Address: _____

Participant's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____

Signatures indicate acceptance of the following Enrollment Agreement & Release.

Enrollment Agreement & Release:

In consideration to my enrollment and participation in this hockey camp I hereby release and discharge all South Wood County Youth Hockey Association board members and coaching staff, volunteers, and all other participants on behalf of myself, my children, my parents, my heirs and assigns as follow:

I acknowledge that the sport of hockey involves know and unknown risks which could result in physical or emotional injury, paralysis, death, or damage to participants, to myself, to property, or to parties, and that SWCYHA is not responsible for a participant's fitness, abilities, or the equipment being used.

I acknowledge and agree to accept and assume any and all of the risk attendant to this activity. My child's participation in this activity is purely voluntary and I elect to participate notwithstanding the risk.

I hereby volunteer release, forever discharge, and agree to indemnity and hold harmless South Wood County Youth Hockey Association from any and all claims, demands, or causes of action which are in any way connected with my child's participation in this activity or my use of SWCYHA equipment or facilities whether on or off the ice, including any claims which allege negligent acts or omissions on the part of SWCYHA.

In the event SWCYHA, or anyone acting on their behalf, is required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold harmless for all such fees and costs.

I certify that my child has adequate insurance coverage for any injury or damage I may cause or suffer while participating, and I agree to bear any and all costs of such injury or damage. I further certify that my child has no medical or physical conditions which could interfere with my safety in this activity, and I am willing to assume all risks and costs that may result, directly or indirectly, from any such condition.

By signing this document, I acknowledge that if anyone is hurt or property is damaged during my child's participation in this activity, I have waived my rights to maintain a lawsuit against South Wood County Youth Hockey Association.