

Registration Form

Student: _____

Address: _____

City/Zip: _____

Day Phone: _____

Night: _____

Required: E-Mail: _____

D.O.B. _____

ISI Number insurance # _____

Requested Jersey size: Adult sizes (circle one)

M L XL

See Pro Shop for proper sizing

Date: _____

Amt. Received: _____

Cash / Check # _____

Visa / MC # _____

Exp. Date: ____ / ____ Rcvd by: _____

All Fees are Non-Refundable

Instructors

Scott Brown

Blaine, MN.

B.Sc. Kinesiology

Twist General Manager

Twist Sport Conditioning Coach

USA Hockey Certified Coach

Junior Hockey 2 yrs USHL

College Hockey 4 yrs UCONN

NSCA - CSCS certified

TSCC - BRONZE certified

Joe Eirvin

Hometown: St. Louis, MO

B.Sc Exercise Science

Twist Sport Conditioning Coach

Sherwood Ice Arena Staff Instructor

USA Hockey Certified Coach

Junior Hockey: USHL, NAHL

College Hockey: St. Louis, MO

TSCC - BRONZE certified

Our Philosophy is simple.

The SIA/Twist Adult Hockey Camp our goal is to make the game of hockey fun for everyone who plays it. By learning and developing the appropriate fundamental skills and knowledge of the game, every player will gain the confidence to be able to compete and enjoy the game at every competitive level.



(503) 925-8097

“For all your Hockey needs”



and
Sherwood Ice
Arena

Present our 2010
**Adult Hockey
Training
Camp**

**Saturday and Sunday,
September 25th & 26th**

**SHERWOOD
ICE ARENA**



Limited Space
Sign up now

**Sherwood Ice Arena
20407 SW Borchers Dr.
Sherwood, OR. 97140**

Why Choose SIA/Twist Adult Hockey Training Camp?

Join us for a comprehensive on-ice adult hockey clinic that is designed to increase your hockey conditioning and skills, but also improve your hockey awareness and game tactics. Enter into the fall and winter seasons prepared like never before. The adult clinic will utilize innovative on-ice drills that blend speed, agility and quickness with hockey skills and tactics, transferring the results to game action and success. Our team of hockey conditioning specialists will provide in-depth knowledge in the how tos and whys of hockey training. Driving your ability to improve over the course of the clinic and beyond. Topics covered; skating stride, starting, deceleration, changing gears, skating power, speed, agility, game flow, anticipation, vision, awareness, positioning, confined space play, communication, shooting, passing, stick handling, proper warm-up, and training recovery strategies. Prior to each skate we will hold an engaging "chalk talk" prepping the group on that session's objectives and drills, also discussing concepts and game tactics. Aiming to decrease on-ice down time, keeping the sessions dynamic and explosive.

The Mission of the SIA/Twist Adult Hockey Training Camp will be to provide an instructional experience that allows each student to improve his/her skills, knowledge of the game, and self-confidence through a "positive" learning experience.

We accomplish our mission by focusing our efforts on providing the following:

- An EXPERIENCED, TRAINED and DEDICATED STAFF of instructors who take an active interest in the development of their students.
- INDIVIDUAL INSTRUCTION, which identifies student's strengths and pinpoints weaknesses for improvement.
- Players are grouped by experience and skill level to ensure that each student is CHALLENGED at his/her COMPETITIVE LEVEL.
- INNOVATIVE DRILLS and teaching techniques that offer students the very latest training methods.
- A PROGRESSIVE CURRICULUM that focuses on the primary fundamentals that are so vital to the ongoing development of all players, including skating, puck handling, passing, shooting, playing without the puck and scoring.
- A DISCIPLINED, yet FUN LEARNING ENVIRONMENT that permits players the freedom to experiment with their talents and encourages students to push themselves beyond their current skill capacity.

Twist Hockey Training

- Balance and Posture = Skating mechanics, low and long stride, edge control
- Deceleration and Acceleration = First step quickness, stopping ability, change of speed and direction
- Explosive Speed = Top-end speed, stride power
- Multi-Directional Movement Skills = Efficiency of the tight turn, pivot, x-over, stop and start
- Reactivity = Offensive creativity and defensive reactivity
- Linked System Strength and Power = Strength on and off the puck
- Rotary Power = Shooting and pivoting power
- Anaerobic Energetics = Hockey specific conditioning
- Closed Kinetic Chain Core Strength = Strong on your skates
- Recovery & Regeneration = Flexibility, joint mobility, and decreased injury

Schedule

7:50am-8:05am	Chalk Talk (Saturday)
8:05am-9:35am	On Ice Session (Saturday)
3:00pm-3:30pm	Chalk Talk (Saturday)
3:45pm-5:15pm	On Ice Session (Saturday)
9:20am-9:30am	Chalk Talk (Sunday)
9:30am-11:00am	On Ice Session (Sunday)
12:30pm-1:45pm	Off-Ice Session at Twist Center (Sunday)

Included in camp cost, but not supervised:

8:00am-9:15am	Sticktime (Sunday) included if you wear your camp Twist jersey
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2 Day Camp Cost

Pre pay by 9/13 \$129.00

After 9/13 \$139.00

Must have annual ISI card ~ \$15

Twist practice jersey included for all camp attendees

Waiver / Release of Liability

PLEASE READ CAREFULLY BEFORE SIGNING

I, the undersigned, acknowledge the inherent risks involved in ice-skating and all sports related thereto. Accordingly, I am participating in all skating activities and/or other activities at Sherwood Ice Arena, I agree to the following:

1. I acknowledge and fully understand that I will be engaging in activities that involve risk of serious injury which my result not only from my actions but also from the action, inaction, or negligence of others, and further that there may be risks not known to me or not reasonably foreseeable.
2. I assume all the foregoing risks and accept personal responsibility for my own damages following such injury.
3. I release, waive, discharge, covenant not to sue Sherwood Ice Arena L.L.C. or Twist Sport Conditioning Portland and all their respective Agents, Affiliates, Associates, Officers, Directors, Owners, and Employees (Collectively Releasees) from demands, losses, or damages on account of any injury, death or damage to property, caused or alleged to be caused in whole or part by releasees or any other party's actions, inactions, or otherwise: and agree to indemnify releasees from any and all third party claims caused in whole or part by my actions.

I have read the above Waiver and Release, and understand that by signing below I have given up substantial rights on behalf of myself.

Name (Please print)

Signature of participant

Date