

# Small Area Games and Skills

*Nothing in Hockey is  
Predetermined ...*

*Hockey is the greatest game in the world because players have fun while working hard and learning. That's how the best NHL players grew up playing. The Gretzky's, Forsberg's and Datsyk's of the world honed their skills in the backyards and on the ponds having fun. They did not learn the game growing up dumping the puck into the zone or throwing it off the glass. It's why they became the Best of the Best.*

**It's why Advanced Power Hockey is excited to announce:**

## **SMALL AREA GAMES & SKILLS**

**a Clinic designed to Recreate that Backyard / Pond Experience.**

Run by Anders Sorensen, Mike McPartlin, Ryan Taylor, Greg Tam, and Chris Michael, *Small Area Games and Skills* combines skill development with competitive small area games that challenge the players' on-ice vision and game sense. The Skills Development sessions are focused to maximize the skills that will best translate to the Small Area Games and include Agility, Passing, Stickhandling and Puck Protection.

### Small Area Games:

The Small Area Games we use are FUN for the players, and if the players are having FUN they are more likely to want to come back to the rink again and again. Nothing in hockey is predetermined. And so this clinic focuses on getting the players to read and react to game-like situations. They are given the freedom ... and helped ... and trusted ... to learn on their own. **We don't simply give them a fish ... we teach them HOW to fish.** And the players learn to excel in tight area game-like situations.

### Skills: Agility

To help players develop better posture, core strength, balance, rhythm, footwork and coordination. That's a lot.

### Skills: Passing

ALL great players pass well. Hockey is a team game and the ability to INVOLVE and ELEVATE teammates comes through passing.

### Skills: Stickhandling

The ability to control the puck comfortably is a basic in hockey. To pass or shoot effectively requires good puck control.

### Skills: Puck Protection

All great players are great at battling on the puck. They use their bodies to "shield" the puck and buy time and room to make plays.

### DAILY SCHEDULE (Monday thru Friday):

9:30 – 10:30am	Groups 1 & 2: Skills
10:40–11:40am	Groups 3 & 4: Skills (Group 1 & 2 – Lunch & Soccer)
11:50am – 1pm	Group 1 & 2: Small Area Games (Group 3 & 4 – Lunch & Soccer)
1:10 – 2:20pm	Group 3 & 4: Small Area Games
2:30 – 3:30pm	95's & U16s: Skills
3:40 – 4:50pm	95's & U16s: Small Area Games

Groups 1 & 2:	01's, 00's & 99's (in Two Groups by age and/or ability)
Groups 3 & 4:	98's, 97's & 96's (in Two Groups by age and/or ability)
Groups 5 & 6:	95's, & U16's (in Two Groups by age and/or ability)

### STAFF (includes):

Anders Sorensen  
Mike McPartlin  
Ryan Taylor  
Greg Tam  
Chris Michael

**WEEK ONE: July 20-24, 2009 WEEK TWO: July 27-31, 2009**

**Limited to 18 Players per Group**

**Cost for Each Week: \$375.00 (\$325 for U16s) - \$50 Discount for Attending 2 Weeks**



Seven Bridges Ice Arena 6690 S Route 53 Woodridge IL 60517 Phone: 630-521-1111

# Small Area Games and Skills

**PROGRAM ENROLLMENT FORM  
PARTICIPATION AGREEMENT  
RELEASE OF LIABILITY FORM  
WAIVER OF CLAIMS FORM  
ASSUMPTION OF RISK FORM**

MAIL TO: APH 6690 S. Route 53 Woodridge IL, 60517

Fax: 630-521-1150

Name: \_\_\_\_\_ Week (Please Check): July 20-24 \_\_\_ July 27-31 \_\_\_ Both \_\_\_

Emergency Contact Phone #: \_\_\_\_\_ Relationship: \_\_\_\_\_

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

Position: \_\_\_\_\_ Level: (Circle One) 2000 1999 1998 1997 1996 1995 U16

Payment Amount: \$ \_\_\_\_\_ Cost: \$375.00/wk or \$700.00/both wks (U16s: \$325.00 or \$600.00)

Name on CC: \_\_\_\_\_

CC#: \_\_\_\_\_ Exp: \_\_\_\_\_

or  
Ck#: \_\_\_\_\_ **Accepting Checks, Cash and Master Card or Visa.**

**3% Surcharge on all Credit Card payments.**  
**Please make all Checks Payable to APH: Advanced Power Hockey**

**PARTICIPATION AND SKATING EQUIPMENT RENTAL AGREEMENT, RELEASE OF LIABILITY, WAIVER OF CLAIMS AND ASSUMPTION OF RISK  
BY SIGNING THIS DOCUMENT YOU ARE ENTERING INTO A CONTRACT WHEREIN YOU MAY BE WAIVING CERTAIN LEGAL RIGHTS,  
INCLUDING THE RIGHT TO SUE.**

**TO:** The SB Arena LLC and Seven Bridges Ice Arena ("Arena"), Advanced Arenas Inc., Advanced Power Hockey LLC, KL2 Holdings, Inc., their owners, officers, directors, agents, employees, and/or representatives of the above listed organizations:

**ASSUMPTION OF RISK:** I am aware that participating in an ice hockey clinic involves certain inherent risks, dangers and hazards which can result in serious personal injury or death. As such, I hereby freely agree to assume and accept any and all known and unknown risks of injury while participating in this hockey clinic. I further recognize and acknowledge that the risks inherent in the sport of ice hockey can be greatly reduced by wearing proper protective equipment and by using common sense.

**RELEASE AND WAIVER OF CLAIMS AGREEMENT:** In consideration of allowing me to participate in this hockey clinic, I hereby agree to the fullest extent permitted by law, as follows:

1. **TO ACCEPT FOR USE AS IS**, any equipment loaned or rented to me and to keep it in my possession at all times;
2. **TO WAIVE ANY AND ALL CLAIMS** that I have or may in the future have against the Arena, any of the parties named above and/or the rental shop; and
3. **TO RELEASE** the Arena and any party named above and/or the Rental Shop from any and all liability for any loss, damage, injury or expense that I may suffer, or that my next of kin may suffer, arising from and as a result of my participation in this hockey clinic, and if applicable use of the equipment loaned or rented to me, due to any cause whatsoever, including negligence of breach of contract regarding the design, manufacture, selection, installation, maintenance or adjustment of the equipment and in the operation, supervision, design, or maintenance of the Arena.

**ARBITRATION:** In consideration of allowing me to participate in this hockey clinic, and also if applicable in consideration of the loan or rental to me of the equipment, I hereby agree to submit to binding arbitration any and all claims which I believe I may have against the Arena, the above named parties and/or the Rental Shop arising from my participation in this hockey clinic and from my use of the equipment loaned or rented to me. The arbitration shall be pursuant to the rules of the American Arbitration Association. The arbitrators shall apply the Federal Rules of Evidence to all proceedings. Arbitration shall be commenced within one (1) year from the date on which any alleged claim first arose and said claim shall be barred. Further, the arbitration shall be held in the town where the Arena is located, unless otherwise mutually agreed to by all the parties. The submission to the American Arbitration Association shall be unlimited and the arbitration award may be enforced by any court of competent jurisdiction. This Arbitration provision is in addition to and shall in no way limit the above Release and Waiver of Claims Agreement.

**BINDING EFFECT OF AGREEMENT:** In the event of my death or incapacity, this Agreement shall be effective and binding upon by heirs, next of kin, executors, administrators, assigns and representatives.

**ENTIRE AGREEMENT:** In entering into this Agreement, I am not relying upon any oral or written representation other than what is set forth in this Agreement.

**I HAVE READ AND UNDERSTAND THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE THE ARENA, ITS OWNERS, MANAGERS, EMPLOYEES AND/OR THE RENTAL SHOP.**

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Signature of Parent or Guardian, Required if Participant is a Minor

\_\_\_\_\_  
Date