

√ **Select Week** **Circle Level**

- Week 1 6/27 to 7/1 Saints Skills Camp** Mite Squirrt Pee Wee
- Week 2 8/15 to 8/19 Saints Skills Camp** Mite Squirrt Pee Wee
- Week 3 8/22 to 8/26 H.M.H. Hockey School** Mite Squirrt Pee Wee Bantam
- Week 4 8/29 to 9/2 H.M.H. Hockey School** Mite Squirrt Pee Wee Bantam

Fees

Saints Skills Camps

H.M.H. Hockey School

Saint Players first week included in 2011/12 tuition. Additional week available for \$350
Non-Saint Players - \$395 per week

Saint Players - \$350 per week
Non-Saint Players - \$395 per week

Meal Ticket Valid For All Camps \$40 Per Player Per Week Complete Information Online

2011/2012 Saints Player	Saints Skill Camp	One Week	Select	Week 1	Week 2	\$0.00
Non Saints Player	Saints Skill Camp	Week 1				\$395
2011/2012 Saints Player	Saints Skill Camp	Additional week	select	Week 1	Week 2	\$350
Non Saints Player	Saints Skill Camp	Week 2				\$395
2011/2012 Saints Player	H.M.H. School	Select one or both	Week 3	Week 4	@ \$350 =	
Non Saints Player	H.M.H. School	Select one or both	Week 3	Week 4	@ \$395 =	\$
Lunch Pass	Select Weeks	__ / __ / __	__ / __ / __	__ / __ / __	@ \$40 =	\$
Total Due						\$

Make All Checks Payable To: H.M.H.

Name:		Age	Date Of Birth	
Address			Town	State Zip
Parent/Guardian Name(s)				
Phone	Cell	Cell	Parent Email	
Position	Right/Left	2011/12 Team	Level	USA Hockey #
Credit Card Number		Exp Date		

AMATEUR ATHLETIC WAIVER AND RELEASE OF LIABILITY - In consideration of being allowed to participate in any way in the H.M.H and Sport-O-Rama Ice Hockey Program, and all future programs and related events and activities, the undersigned: 1. Acknowledge and fully understand that each participant will be engaging in activities that involve risks of serious injury including death or paralysis which might result from their own actions, inaction's or negligence of others, the rules of play, or the condition of the premises or any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time. 2. Assume all of the foregoing risks and accept personal responsibility for the damages following such injury. 3. Release, waive, discharge, agree to hold harmless and covenant not to sue H.M.H., Ramapo Ice Rinks, Inc., Sport-O-Rama, LifePlex Health Club LLC, its affiliated Clubs, Their respective administrators, directors, agents, coaches, and other employees of the Organization, other participants, sponsors, and if applicable, owners and lessees of the premises used to conduct the event, all of which are hereinafter referred to as "releases", from demands, losses or damages on account of injury caused or alleged to be caused in whole or in part by the ordinary negligence of the releases or otherwise. I agree that if any portion of this waiver & release is held invalid, the balance shall, notwithstanding, continue in full legal force & effect. NO INSURANCE IS PROVIDED THE UNDERSIGNED HAS READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT THEY HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT VOLUNTARILY. I understand that there can be NO REFUND FOR ANY REASON and the total fee is due even if I (my youngster) withdraws or is unable to complete the camp for any reason. ALL PLAYERS MUST SIGN APPLICATION I here by give permission for the staff of H.M.H. to authorize EMERGENCY medical treatment for my youngster in the event I am unable to do so myself.

Parent Signature if applicant is under 18 yrs old

Participant Signature

Sport-O-Rama Summer Hockey Programs

Directed By Gary Hess



Contact Gary Hess

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Gary Hess H.M.H Hockey School

Our philosophy is to get personal! Our Coaches focus on proper techniques in the skill areas of skating, stick handling, shooting and goaltending. Teaching specific techniques is critical to improving ones ability to **be competitive when it counts- in game situations**. Each session instructors assess players individually & immediately correct improper techniques. A high coach to player ratio allows for maximum personal instruction. H.M.H. provides full-day and half-day sessions in a safe, fun and challenging school crafted to each players ability. Players can bring their lunch & snacks, take advantage of the meal plan or purchase items from the service café. Some activities are at LifePlex Health Club which is located adjacent to the rink. The player to coach ratio will be a maximum of 7:1 (Goalie to coach 3:1). Players are grouped by age. On ice, each age group is further defined by ability ensuring each player learns, trains & competes at the correct skill level. Elite players experience a challenging aggressive pace. Intermediate players more direction and technique. Elite on-ice sessions will emphasize strength, conditioning, explosiveness and over speed. Recreation and intermediate players will concentrate on development of correct techniques and fundamental skills.

All Camps Include

Sample schedule*

Off Ice Activities:

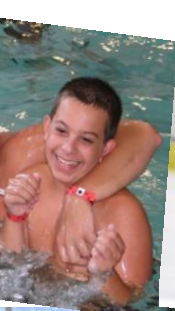
Swimming, Basketball
Soccer, Group Exercise,
Fitness, Dry Land Training,
Off Ice Personal Training
Tennis and more!!

8:30-9:30 On Ice Power Skating
9:40-10:40 Health Club Activity
10:40-11:30 On Ice Puck Skills
11:30-12:00 Lunch Break
12:00-1:00 On Ice Shooting Skills
1:30-2:45 On Ice 2:45-3:15 Break
3:15-4:30 On Ice Small games

On-Ice instruction will Target 3 areas... **POWER:** Power Skating, over speed training, conditioning & agility.
MUSCLE MEMORY: Necessary for speed & strength. Passing and shooting skills will be emphasized along with Circuit training. **POSITIONING:** Emphasize team play, offensive & defensive zone positioning. Scrimmages & Small games will be played.

Coaching Staff

Gary Hess Director, Rob Schelling, Chris Sullivan, Larry Mahurter, Matt Foran, Brian Foran, Frank Kern, Ken Delsanto, Mike Kauffer, Jim Rahill, Chuck Hafers, Eric Phenix, Ernie Delgizzo, Andrew Scridani, John Zuzek, Joe Lofberg and many more High School and Travel Hockey coaches.....



Ramapo Saint Youth Hockey is the largest Tier 2 organization in the New Jersey Youth Hockey League. Combine that with its rich 36 year history and you have the perfect place for your child to develop his or her Game. For Saint players this is an opportunity to continue to soak up the knowledge Ramapo has to offer. Others can participate with the common goal to improve ones game by tapping the vast well of knowledge that is Ramapo Youth Hockey.

- Positional Play Controlled Scrimmages
- Power Skating Techniques/Tactics
- Shooting Face Offs Stick Handling
- Balance, Agility & Speed Off Ice Training
- Skills PP PK Passing Explosiveness

Skills Camp will focus on improving skaters and just as important, having fun! Some activities are at LifePlex Health Club which is located adjacent to the rink.