



# SPRING / SUMMER DEVELOPMENT

SPRING / SUMMER DEVELOPMENT COMBINES

REGISTER ONLINE at [www.hockeynovascotia.ca](http://www.hockeynovascotia.ca)

## ON ICE CURRICULUM:

- Power Skating
- Puck Skills
- Competitive Drills
- Individual Tactics
- Team Tactics

## PROGRAM INFORMATION

ON ICE LOCATION: BMO Centre

22 HOURS ON ICE

May 26 concluding July 21 2014

Monday & Wednesday nights

PRICE:

\$575 (hst included)

## Follow us at:

[www.hockeynovascotia.ca](http://www.hockeynovascotia.ca)

[www.facebook.com/hockeynovascotia](https://www.facebook.com/hockeynovascotia)

[www.twitter.com/HockeyNS](https://www.twitter.com/HockeyNS)

## Hockey Nova Scotia's Spring Summer Development

Hockey Nova Scotia's Development Combine is an inclusive training and education program designed to allow high performance players the opportunity to stay on the ice and prepare for the coming season in a fast paced environment with intense and competitive on ice sessions. This program is aimed at higher level players who are playing at AA, AAA and Major levels

## Program Components

This program is aimed to be a one stop shop for all your hockey needs and wants including but not limited to:

- On ice training and skill development
- Power Skating Instruction
- Nutrition and Healthy lifestyle seminar
- Mental Training and Preparation seminar
- Certified and experienced on and off ice staff

## Player Target Audience

Male Group 1: Players born in 2000 and 2001 (graduating Peewee and first year bantam)

Male Group 2: Players born in 1999 and 1998 (graduating Bantam and first year Midget)

Female Group 1: Players born in 1997, 1998, 1999 (Bantam and Midget)

**Players should be playing at high competitive levels for this program**

**DEVELOPMENT COMBINES...Built on Honesty and Integrity**



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- On ice session
- Off ice education session
- sweater

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[www.twitter.com/HockeyNS](http://www.twitter.com/HockeyNS)

**PLAYER NAME:** \_\_\_\_\_

**PLAYER POSITION:** \_\_\_\_\_ **SHOT:** \_\_\_\_\_ LEFT or RIGHT

**DATE OF BIRTH:** \_\_\_\_\_

**MOTHER NAME:** \_\_\_\_\_

**MOTHER EMAIL:** \_\_\_\_\_ **CELL:** \_\_\_\_\_

**FATHER NAME:** \_\_\_\_\_

**FATHER NAME:** \_\_\_\_\_ **CELL:** \_\_\_\_\_

**PLAYER HEALTH CARD NUMBER:** \_\_\_\_\_

**CURRENT CLUB TEAM:** \_\_\_\_\_ **LEVEL:** \_\_\_\_\_

Please check what group you are registering for:

Male Group 1: Players born in 2000 and 2001 (graduating Peewee and first year bantam)

Male Group 2: Players born in 1999 and 1998 (graduating Bantam and first year Midget)

Female Group 1: Players born in 1997, 1998, 1999 (Bantam and Midget)

Please attached money order or visit [www.hockeynovascotia.ca](http://www.hockeynovascotia.ca) to pay by credit card online

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