

**WHAT YOU CAN EXPECT FROM
SKATE FASTER HOCKEY CAMPS**

- Lunch, supplied by Skate Faster (with lunch payment)
- One Skate Faster hockey jersey
- Complete Skate Faster Player profile
- On-ice / Field Lacrosse games
- Each participant can expect a program solely based on helping them achieve their goal of playing better hockey
- Introductory to karate / kickboxing with Ray Deschamps
- Classroom instruction with question periods with videos and game situations
- Guest speakers/Players
- Skate Faster T-shirt
- 1 Free Skate sharpening during camp
- **Skate Faster provides Bilingual instructors**
- Off-ice training and activities
- Boston Pizza rising Star Report
- At least 1 instructor for per 7 students with a minimum of 2.5 hours on ice instruction

Deposit of \$75 can be paid by:

- Cheque, Visa, Master Card, Cash, or Debit

You can phone and pay by Credit Card



Phone: (613) 482-2096

E-mail: camp@skatefaster.ca

SKATE FASTER HOCKEY CAMP FOR SUMMER 2009 REGISTRATION FORM

NAME OF PARTICIPANT _____

ADDRESS _____

CITY: _____

NAME OF GUARDIAN _____

HOME PHONE _____ ALT # _____

OTHER _____

EMAIL: _____

AGE _____ HEIGHT _____ WEIGHT _____

POSITION PLAYED _____ LAST TEAM PLAYED FOR _____

JERSEY SIZE _____

IN CASE OF EMERGENCY # _____ MEDICAL CONCERNS/ALLERGIES _____

MALE FEMALE

Please circle

August 3rd August 7th

August 17th To August 21st

CHECK IT OUT!!!

**SKATE FASTER
SUMMER HOCKEY
CAMP**

*Giving you the **EDGE** you need
for the **PERFORMANCE** you want.*



Phone: (613) 482-2096

Email: camp@skatefaster.ca

Website: <http://www.skatefaster.ca>

**Don't forget to inquire about all our
other programs too!**

**Ray Friel Recreation Complex
1585 Tenth Line Rd.
Orleans ON K1E 3E8**

SKATE FASTER

Skate Faster hockey camps have been designed to be challenging, informative and fun for participants of all skill levels. Skate Faster will have a Summer 2 weeks of hockey camps for boys and girls elite and house league levels . Players will constantly be challenged to perform drills at top speeds thus raising their own skill level. Our expertly trained instructors will work closely on players weakness as well as the strengths to improve their overall play

Mike Morel Biography

Mike started coaching and running hockey camps in 1983 and is also proud that his 5 children all played hockey and now are active in coaching minor hockey In Cumberland. Mike enjoys working with kids and it is always a huge reward to see the ones that he coached and instructed throughout the years that are still enjoying playing the game and the ones that have excelled in the ranks of the NHL and the AHL and College ranks. His main goal is for all participants to have fun while learning the game we all love to play.

Participants will be developing new skills, confidence with stick handling and puck control and much more.

Finally, Mike is known for his passion in every sport he played. SKATEFASTER instructors will bring the same passion and commitment to the teaching and leading by example to all participants.

Testimony from previous camp: Mike, just want to send a note to share how much our daughter really enjoyed the Skate Faster March Break Camp. Your staff made this a very memorable and learning experience for her and the drills provided were great. She has already used a few of the learned drills on the ice and I know she has a few stored away for the perfect opportunity to use them. The whole experience from a parent prospective was very professional and relaxing knowing they were in great hands and big smiles when we arrived at the end of the day with a non-stop breakdown of the day's events. The hot meals and healthy snacks were great. Thanks again and look forwarding to see you all this summer.

SKATE FASTER HOCKEY CAMP

IP-NOVICE, ATOM, PEEWEE, BANTAM

August 3rd to August 7th

August 17th to August 21st 2009

SPACE IS LIMITED (Sold out last year)

REGISTER TODAY!!!

Cost: \$395.00 +GST

Cost with Lunch \$445.00+GST

10% discount on additional family members

Please make cheques payable to:

Skate Faster

\$75.00 deposit

YES! WE DO HAVE A GOALIE CAMP



ARRIVAL AND DEPARTURE TIME

AND WHAT TO BRING

1. **Participants must be at the facility no later than 7:30AM**
2. **Pickup is at 5:00 pm—after care can be arranged.**
3. **Participants must bring the following:**
 - **Good Attitude**
 - **Running shoes and extra socks**
 - **CSA approved hockey equipment**
 - **Helmets (including mouth and neck guards)**
 - **2 hockey sticks**
 - **Spending money for snacks**

SKATE FASTER HOCKEY CAMP

DAILY SCHEDULE

- 7:30 Am ARRIVAL
- 8:00 Am HOCKEY SESSION 1
KARATE / KICKBOXING
CLASSROOM
(Video instruction, Questions)
- 11:45Am LUNCH (Peanut free)
- 1:00 Pm HOCKEY SESSION 2
OFF-ICE TRAINING
Lacrosse On– ice and Off ice
Ball Hockey,
Soccer, Basketball
- 5:00 Pm HOME

Updated schedule available at orientation.

Please note: The schedule will vary day to day for all levels.

Please note Skate Faster's No refund policy but credit will be applied to other upcoming programs

SKATE FASTER IS NOT RESPONSIBLE FOR LOST
OR STOLEN ARTICLES