

# THE H.M.H HOCKEY SCHOOL

Our Philosophy is to focus on proper hockey techniques in the skill areas of skating, stickhandling, shooting and goaltending. All players will be taught specific techniques critical to improving their ability be competitive in game situations. During each session, instructors will assess each player individually and correct improper techniques. HMH's high coach to player ratio allows for maximum personal instruction.

The HMH staff along with Sport-O-Rama will provide full-day and half-day sessions that offer a safe, fun and challenging hockey camp crafted to each players ability. Your child can bring their lunch and snacks or purchase them from our full service snack bar which will remain open throughout the day. The camp facilities include the Sportorama Ice Rinks and LifePlex Health Club.

The player to coach ratio will be a maximum of 7:1. (Goalie to coach 3:1)



# ON ICE SESSIONS

The **3 hours** of On-Ice instruction will target 3 areas of the game.

## The first On - Ice Session

### POWER

The objective will be Power Skating, overspeed training, conditioning and agility.

## The second On- Ice Session

### Muscle Memory

This trains the muscles necessary for speed & strength. Passing and shooting skills will be emphasized along with Circuit training.

## The third On-Ice Session

POSITIONING We will emphasize team play including offensive zone cycling, defensive zone positioning and scrimmages. Small games will be played with a blending of the goaltending to player level in a challenging format.

H.M.H. OFF ICE ACTIVITIES- will focus on conditioning and class room stragtagy sessions. Activities such as group exercise, stretching, and swimming will develop the players lower body to help them become stronger, more effective skaters. Hockey skills will also be re-enforced in the dry-land sessions. New Skills, New Friends in a Fun hockey enviorment

All Campers must be USA Hockey registered and must provide proof. You can register at usahockey.com

# H.M.H. APPLICATION – 2010

Name \_\_\_\_\_

Age \_\_\_\_\_ Birth Date \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Position \_\_\_\_\_ email \_\_\_\_\_

Emergency contact information \_\_\_\_\_

Any pre-existing Health conditions \_\_\_\_\_

Please enroll me in :

\_\_\_\_ Week 1 2 3 4 (CIRCLE WEEKS ATTENDING)

**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 Ice Hockey Program, 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 "releasees", 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 releasees 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

## LEVELS — GROUPS

All players are grouped by age. On the ice, each age group is further defined by ability. This ensures each player trains and competes at the appropriate skill level. The Elite player will experience a challenging aggressive pace while the Intermediate player is allowed more direction and technique.

Elite on-ice sessions will emphasize strength, conditioning, explosiveness and over speed. Recreation and intermediate players will concentrate on techniques and development of fundamental skills.

### Sample schedule\*

8:30 – 9:30	On Ice Power Skating
9:40 – 10:40	Health Club off Ice Activity
10:40 – 11:30	On Ice Puck Skills
11:30 – 12:00	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

## COACHING STAFF

Gary Hess, Rob Schelling, Chris Sullivan, Larry Mahurter, Matt Foran, Brian Foran, Frank Kern, Sam Faber, Ken Delsanto, Mike Kauffer, Jim Rahill, Chuck Hafers, Eric Phenix, Ernie Delgizzo, Andrew Scridani, John Zuzek along with many other veteran instructors and coaches.....

\*Schedule is subject to change depending on enrollment.

## TUITION AND FEES

The fee for H.M.H. is

**Full Day 8:30 – 4:30.....\$ 595.00**

**Half Day 8:30 – 1:00.....\$ 375.00**

**Half Day 1:30 – 4:30.....\$ 275.00**

A 5% DISCOUNT WILL APPLY FOR EVERY ADDITIONAL WEEK ATTENDED

The TOTAL registration fee must accompany all applications. NO REFUNDS WILL BE MADE AFTER JULY 1, 2010. Payments should be made to and mailed to:

H.M.H.  
P.O. Box 316  
Emerson, NJ 07630  
VISA/MC /DISCOVER / CHECK OR CASH

CARD# \_\_\_\_\_ -EXP \_\_\_\_\_

CHECK# \_\_\_\_\_ AMOUNT \_\_\_\_\_ DATE \_\_\_\_\_

OTHER \_\_\_\_\_ AMOUNT \_\_\_\_\_ DATE \_\_\_\_\_

For additional information, contact:  
SPORT-O-RAMA 845-356-3919  
FAX 845-356-8811

e-mail [sam@sportorama.com](mailto:sam@sportorama.com)

## EQUIPMENT

A jersey will be given to each player. Full equipment is required at all times.



# 2010 H.M.H. HOCKEY SCHOOL

WEEK 1: June 28 – July 2, 2010

WEEK 2: July 12 – July 16, 2010

WEEK 3: Aug. 23 – Aug. 27, 2010

WEEK 4: Aug. 30 – Sept 3, 2010

AT  
SPORT-O-RAMA ICE RINKS  
20 COLLEGE ROAD  
MONSEY, NY 10952

