



# Summer 2012 Training Program

Skating  
Rapid Shot Machine

Strength Training  
Sports Nutrition

Stick-handling/Shooting  
Sports Psychology

**Beginning Week of June 18<sup>th</sup> through Week of August 13<sup>th</sup> at Kensington Valley Ice House**

## **Summer Hours of Operation**

### **ON-ICE AND OFF-ICE TRAINING**

**Monday-Thursday  
7:00am to 1:15pm**



**Monday-Friday  
7:00am - 5:00pm**

Please circle the days of the week & check the times you are requesting. We will do our best to meet your requests.

### OPTIONS for ON-ICE

Mondays

Tuesdays

Wednesdays

Thursdays

\_\_\_ 7:00 – 9:00am

\_\_\_ 9:30 – 11:30am

### OPTIONS for OFF-ICE Training

Mondays

Tuesdays

Wednesdays

Thursdays

\_\_\_ 7:00 – 8:30am (11 to 13 year olds)

\_\_\_ 8:30 - 9:15am (9 and 10 year olds)

\_\_\_ 9:30 – 11:00am (14 to 18 yr olds)

\_\_\_ 11:45am – 1:15pm (Advanced 14 to 18 yr olds)

### Session and Dates Offered

\_\_\_ 8-9 week session: Weeks of June 18<sup>th</sup> – August 13<sup>th</sup>

\_\_\_ First, 3-5 week session: Weeks of June 18<sup>th</sup> – July 16<sup>th</sup>

\_\_\_ Second, 3-5 week session: Weeks of July 16<sup>th</sup> – August 13<sup>th</sup>

**\*\*No training on July 4<sup>th</sup> or 5<sup>th</sup>**

**Summer 2012 On-Ice & Off-Ice Trainers:** Please check the instructor(s) you are requesting for on-ice instruction.

\_\_\_ Jennifer Matras, Head skating skills instructor

\_\_\_ Scott Nelson or Austin Tripp, associate skating skills instructor

\_\_\_ Travis Lynch from U of M Hockey Univ., Stick Handling instructor

\_\_\_ Jim Mckee, Head Strength and Conditioning Coach

## Prices for on ice instruction:

1 instructional lesson one day/week	___ 8-9 weeks, \$275 plus \$120 for ice	___ 3-5 weeks, \$200 plus \$75 for ice
2 instructional lessons one day/week	___ 8-9 weeks, \$535 plus \$120 for ice	___ 3-5 weeks, \$375 plus \$75 for ice
1 instructional lesson two days/ week	___ 8-9 weeks, \$535 plus \$240 for ice	___ 3-5 weeks, \$375 plus \$150 for ice
2 instructional lessons two days/ week	___ 8-9 weeks, \$1050 plus \$240 for ice	___ 3-5 weeks, \$725 plus \$150 for ice

## Packages for on-ice lessons and weight training:

1 instructional lesson and 1 weight training session one day/week	___ 8-9 weeks, \$425 plus \$120 for ice	___ 3-5 weeks, \$310 plus \$75 for ice
2 instructional lessons and 1 weight training session one day/week	___ 8-9 weeks, \$675 plus \$120 for ice	___ 3-5 weeks, \$485 plus \$75 for ice
1 instructional lesson and 1 weight training session two days/week	___ 8-9 weeks, \$825 plus \$240 for ice	___ 3-5 weeks, \$595 plus \$150 for ice
2 instructional lessons and 1 weight training session two days/week	___ 8-9 weeks, \$1325 plus \$240 for ice	___ 3-5 weeks, \$945 plus \$150 for ice

## Packages for Rapid Shot Shooting Machine:

60 minutes (approximately 300 to 400 shots)	___ \$60
3-4 weeks/1 month of unlimited minutes (approximately 1000 to 1500 shots)	___ \$125
8-9 weeks/2 months of unlimited minutes (approximately 3000 to 5000 shots)	___ \$200

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### **Please note the following reminders:**

- Training/lesson/rapid shot payments make payable to **Competitive Edge Skating, Inc.** Ice payments make payable to **KVIH.**
- On-ice lessons are scheduled in 30-60minute increments with a maximum of 5 players per 1 instructor. Players will be grouped together based on their age and skill level. Additional ice time during the day of your instruction is to be used by the players for individual practice time.
- Absolutely no refunds or make up sessions.
- An additional \$25 fee will be implemented for any returned or bounced checks.

#### **Mail registration and ALL payments to:**

**Competitive Edge Skating, Inc.**  
38273 Remington Park  
Farmington Hills, Mi 48331

Skater's Name: \_\_\_\_\_ Parent/Guardian's Names: \_\_\_\_\_  
DOB: \_\_\_\_\_ Level: \_\_\_\_\_ Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_  
Street Address: \_\_\_\_\_ City/State: \_\_\_\_\_ Zip: \_\_\_\_\_

I, \_\_\_\_\_, parent/guardian of \_\_\_\_\_, hereby recognize that participation in the sport of hockey, ice skating, plyometric training, agility training, or weight training can be hazardous, and can result in minor or serious injury, even death. For these reasons, I hereby acknowledge that I understand the risks involved in skating and hockey, and should a medical emergency arise, I grant full authorization for medical treatment to the 911 emergency staff on call. By signing this waiver I also agree that in no way will I hold KVIH, Competitive Edge Skating Inc., Competitive Edge Training, Inc., Jennifer Matras, or any other professional instructor liable for any such injuries should they occur. I have fully read this waiver and I acknowledge a complete understanding of the contents of this waiver. Sign: \_\_\_\_\_ Date: \_\_\_\_\_