

**CHRISTMAS BREAK 2024-25 DAY CLINIC**

**Quad December 23,30 & January 2nd 2024/2025**

**1 HOUR PER DAY 3 CLASSES 9:45-10:45&10:45-11:45& 11:45to12:45**

**Skating and Resistance Training**

**Stickhandling and Shooting Skills**

***Velenosi Power Skating and Hockey Development CHRISTMAS BREAK Daytime******Program***  *Each* *session will include proper Power Skating Skills with Stick and Puck Control, Resistance Training, Stickhandling and Shooting Skills. Full equipment, stick and water bottle will be needed. Skaters will be grouped by level. Contact* [*info@velenosihockey.com*](mailto:info@velenosihockey.com) *for more information.*

***\*To become a complete Hockey Player, “SKATING” is the name of the game!! Speed, Balance, Lateral Movements, Agility, Quick Turns, Explosive Starts, Fast Stops, Deeks, Backward development is the “Velenosi Way of Skating” Our on-ice resistance program will increase your child’s Speed, Strength and Stamina!! Our Stickhandling and Shooting Skills, will complete your child’s hockey development training.***

**CELEBRATING OVER 45 YEARS IN THE AREA**

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| **About You… \*must be in a hockey program** |
| **Name: Age: Date of Birth:** (m). (d). (yr) |
| **Last Level of Hockey:**  **AAA**  **AA**  **A/Hub**  **AE**  **Select**  **House League** |
| **Last VPS Clinic. Day of Week: Time: Year:** |
| **Home Phone: Work: ext.** |
| **Email 1: Email 2:** |

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| **December 23,30 & Jan 2nd 2024/2025 1 hour daily.**  **Full equipment, stick and water bottle.** |
| **\*Skaters may be moved up or down depending on age, level and enrolment numbers**  **(A) Ages 5+ Must be in a hockey program 9:45-10:45 skating, resistance**  **HMHIP/Tyke/Pre-Novice/Novice**  **shooting, stickhandling**  **(B) Ages 7+ Must be in a hockey program 10:45-11:45 skating, resistance**  **A/AA/AAA/MD/Select/House shooting, stickhandling**    **(C)Ages 10+Must be in a hockey program 11:45-12:45 Skating,resistance**  **A/AA/AAA/MD/Select/House shooting, stickhandling** |

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| **Payment Instructions…three 1 hour sessions** |
| **Please include full payment of $145plus h.s.t.$18.85 $=$163.85**    **MC VISA Name………………………………..#............................................Expiry…………..Amount………………**  **$10.00 administrative fee will be added to all cc payments**  **We now accept e-tranfers. Please email form back to via email info@velenosihockey.com**  **\*Please call the Mohawk 4 Ice Centre at 905-318-5111 for rink updates in case of bad weather or email** [**info@velenosihockey.com**](mailto:info@velenosihockey.com) **….classes will only be re-scheduled if rink closes.**   * **No refunds/credit only** |
| **Consent…** |
| I give my consent to my participation in all activities of the Velenosi power skating skills, hockey development, and resistance training (Velenosi Hockey Development), and agree that the school and/or its proprietors, staff, directors and any other person or corporation connected herewith from all manner of action, injury, loss, damages, costs, however caused by participation in this program on or off the ice and agrees to release the proprietors, staff, directors and any other person or corporation from all claims or damages which as a result of or by reason by such accidents or loss. This release shall be binding on our heirs, spouses, assigns, executors and administrators. I understand that all participants must wear full CHA approved hockey equipment during all on ice activities. V.H.D. is not responsible for ice cancellations due to bad weather or situations not under our control.  **Parent/Guardian Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Dated\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |