

HOCKEY SUMMER CAMP

Cranbrook

HIGHLIGHTS

WEEKLY SESSIONS

- 1st July 8-12
- 2nd July 15-19
- 3rd July 22-26
- 4th July 29-August 2
- 5th August 5-9
- 6th August 12-16

BIRTH YEARS

1998 to 2010

LOCATION

Cranbrook Wallace
550 Lone Pine Rd
Bloomfield Hills, MI

REGISTER ONLINE

www.jimmyjohnshockey.com

PAYMENT

Make checks to:
C.P.D.

Mail payment,
registration receipt and
waiver to:

Roman Andrys
26440 Drummond Ct.
Franklin, MI 48025

CONTACTS:

Roman Andrys
248-790-9842
romanandrys@yahoo.com

Program Outline

This newsletter provides all players and parents a preview of our summer workout program.

Our main goal is for the kids to have fun. In the process of having fun, we will build skills, condition, and emphasize teamwork. Every year we train players who play on Tier 1, USHL, OHL, or college levels.

Below you will find our daily workout program. Players are divided into age appropriate groups throughout the program. This camp will set the pace for next season. Your child will be ready for the season, physically, and mentally.

Daily Program

The program runs Monday through Friday from July 9th to August 17th. (6 weeks). Players arrive at **10:00 am** at Cranbrook Arena.

Every day 2x 1 hour sessions on ICE ,Goalie coach on/off Ice all the time.

\$ 20.00 early drop (8:00 am)

Pick-up times

Monday's-Thursday's 5:00- 5:15 P.M. at Cranbrook Wallace Arena

Friday's - 4:00-4:15 P.M. at Cranbrook Wallace Arena

The weekly program has the following schedule each day:

CRANBROOK WALLACE ARENA

A.M. Schedule

Hockey Skills – Stick handling, pass & receive puck, shooting, puck control drills

Gym – Core training, plyometrics, circuit training

Track & Field – Soccer, relay races, hurdles

Obstacle Course

LUNCH 1:00 P.M. to 1:30 P.M.

P.M. Schedule

Hockey Skills – Skating, stride, edges, turns. All skating skills. Games

Cardio Training

Partial day arrangements are also available. Activities are as described above.

Half-Day A.M.

10:00 A.M. to 12:30 A.M.

Half-Day P.M.

1:30 P.M to 5:00 P.M

HOCKEY SUMMER CAMP

Pricing (USD)

WEEKLY SESSIONS

July 8-12 July 15-19 July 22-26 July 29-August 2 August 5-9 August 12-16

\$425(\$225 half-day) per **weekly** session. Only **\$375** per weekly session if you buy **4 or more weeks**.
\$100 per **day**.

\$50 per 1 **half-day**, A.M. or P.M.

JJ special any **10 days** (20 half days) **\$800.00**

NO Lunch for Half Day sessions.

10% off the price if you register and pay by or before June 1st.

10 % Second, third Sibling special

If you are interested in being a host family for players from Europe, then you will be reimbursed.

Please make checks payable to: **Complete players development** and mail with the registration receipt and completed waiver to:

Roman Andrys

26440 Drummond Court

Franklin, MI 48025

All payments must be received in advance one week prior to the player's attendance at camp.

EUROPEAN PLAYERS

For information on the European Players (family accommodation program) please email inquiries

to: romanandrys@yahoo.com

How to Register

Please visit www.jimmyjohnshockey.com and follow the posted links.

Training Staff

You all know Roman and Jana's outstanding qualifications. **Roman** played professionally and on Czech National Teams(U-18 JWC bronze, U-20 JWC silver medal). He also trained many NHL European players and helped them to transition to play and live in North America.(Petr Sykora, Patrick Elias,Martin Straka, Stan Neckar, Miro Satan,Tomas Tatar and many others NHL/AHL/CHL players).

Jana has a master's degree in athletic training. She has worked for agent Petr Svoboda and with his NHL clients(Jakub Voracek, Ondrej Palat, Petr Mrazek, Jiri Hudler and many others) in their off-season training.

Tomas Andrys 15 years experience to train and coach players in U.S.A and Europe.

Jan Cekal , 5 years Goalie coach, running clinics/camps in Czech republic with Petr Mrazek.

This is a unique opportunity. We look forward to your participation.

**GOOD LUCK TO ALL PLAYERS. LET'S HAVE A GREAT SUMMER.
WORK HARD, PLAY HARD, AND HAVE FUN!!!**

**Complete Players Development Hockey Training
Waiver of Liability, Release
Assumption of Risk & Indemnity Agreement**

It is the purpose of this agreement to exempt, waive and relieve releases from liability for personal injury, property damage, and wrongful death, including if caused by negligence, including the negligence, if any, of releases. "Releases" including USA Hockey, Inc., its affiliate associations, local associations, member teams, event hosts, other participants, coaches, officials, sponsors, advertisers, and each of them, their officers, directors, agents and employees.

For and in consideration of the undersigned participant's registration with **Complete Players Development Hockey Training** (Roman Andrys , Jana Andrys, Tomas Andrys, Jan Cekal,Michael ,Konopka) its affiliates, local associations and member teams and being allowed to participate in on-ice and off-ice training and member team activities, participant (and the parent(s) or legal guardian(s) of participant, if applicable) waive, release and relinquish any and all claims for liability and cause(s) of action, including for personal injury, property damage or wrongful death occurring to participant, arising out of participation in training events whether on-ice or off-ice, member team activities, the sport of ice hockey, and/or activities incidental thereto, whenever or however they occur and for such period said activities may continue, and by this agreement any such claims, rights, and causes of action that participant (and participant's parent(s) or legal guardian(s), if applicable) may have are hereby, released and relinquished, and participant (and parent(s)/ guardian(s), if applicable) does (do) so on behalf of my/our and participant's heirs, executors, administrators and assigns.

Participant (and participant's parent(s)/guardian(s), if applicable) acknowledge, understand and assume all risks relating to ice hockey, whether on-ice or off-ice training and any member team activities, and understand that ice hockey and member team activities involve risks to participant's person including bodily injury, partial or total disability, paralysis and death, and damages which may arise there from and I/We have full knowledge of said risks. These risks and dangers may be caused by the negligence of the participant or the negligence of others, including the "releases" identified below. These risks and dangers include, but are not limited to, those arising from participating with bigger, faster and stronger participants, and these risks and dangers will increase if participant participates in ice hockey both on-ice and off-ice and member team activities in an age group above that which participant would normally participate in. I/we further acknowledge that there may be risks and dangers not known to us or not reasonable foreseeable at this time. Participant (and participant's parent(s)/guardian(s)) if applicable) acknowledges, understand and agree that all of the risks and dangers described throughout this agreement, including those caused by the negligence of participant and/or others, are included within the waiver, release and relinquishment described in the preceding paragraph. I/We agree to abide by and be bound under the rules and regulations set for in this agreement.

Participant (and participant's parent(s)/guardian(s), if applicable) acknowledge, understand and assume the risks, if any, arising from the conditions and use of ice hockey risks, training fields, training building and related premises and acknowledge and understand that included within the scope of this waiver and release is any cause of action (including any cause of action based on negligence) arising from the performance, or failure to perform, maintenance, inspection, supervision or control of said areas and for the failure to warn of dangerous conditions existing at said rink, training fields, training buildings for negligent selection of certain releases, or negligent supervision or instruction by releases.

Participant (and participant's parent(s)/guardian(s), if applicable) agree if any claim for participant's personal injury or wrongful death is commenced against releases, he/she shall defend, indemnify and save harmless releases from any and all claims or causes of action by whomever or wherever made or presented for participant's personal injuries, property damage or wrongful death.

Participant (and participant's parents(s)/guardian(s), if applicable) acknowledge that they have been provided and have read the above paragraphs and have not relied upon any representations of releases, that they are fully advised of the potential dangers of ice hockey, both on-ice and off-ice training and understand these waivers and releases are necessary to allow amateur ice hockey and training both on-ice and off-ice to exist in its present form.

Participant (and participant's parent(s)/guardian(s), if applicable) acknowledge that all of these training sessions are voluntary and if player chooses not participate he/she has the ability to withdraw at anytime.

Player name (print)_____

Date Signed _____

Parent/Guardian (sign)_____

Date Signed _____