

# HOCKEY SUMMER CAMP

## Cranbrook

### HIGHLIGHTS

#### WEEKLY SESSIONS

July 31st.-August 4th.  
August 7th.- 11th.

#### BIRTH YEARS

2015's to 2005's

#### LOCATION

Cranbrook Wallace  
550 Lone Pine Rd  
Bloomfield Hills, MI

**Please pay before  
7/15/2023**

**Chase QuickPay:**  
[romanandrysts67@gmail.com](mailto:romanandrysts67@gmail.com)

**Venmo:**  
romanandrysts@roman-  
andrysts

Or  
Print registration  
receipt, waiver, Check  
to:  
Roman Andrysts  
26440 Drummond Ct.  
Franklin, MI 48025

Put in memo:  
week 1 or 2

#### CONTACTS:

Roman Andrysts  
248-790-9842  
[romanandrysts@yahoo.com](mailto:romanandrysts@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, USH, 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.

Players arrive at **10:00 A.M** at Cranbrook Arena.

**Every day 2 x 1 hour sessions on ICE ,Goalie coach on/off Ice all the time. 2 x 1.5 hour dryland training session**

**\$ 20.00 early drop (8:30am-10:00am)**

#### Pick-up times

Monday-Friday 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

**DRYLAND**– Core training, plyometrics, circuit training  
Obstacle Course

**Weights lifting (2009's-2005's)**

##### P.M. Schedule Cardio Training

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

**Track & Field** – Soccer, relay races, hurdles, sprints training

#### More Information and Sign up at

<https://jimmyjohnshockey.club/summer-camp/>

# HOCKEY SUMMER CAMP

## Registration and Pricing (USD)

Name.....

D.O.B.....

Parents cell#.....(.....) .....

Parents email.....

WEEKLY SESSIONS - **\$450.00 if paid before JUNE 15<sup>th</sup> 2023 !!!**

July 31st - August 4th (\$500.00).....

August 7th - 11th (\$500.00).....

**\$500 per weekly session.** Please pay before **July 15th** .Space is limited 20 skaters per session.

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.

## How to Register and PAY

Print Registration page , waivers and mail check or e-mail Copy and pay by Venmo, QuickPay,Zelle,Pay pal (Memo- Camp/week 1 or 2 )

and follow the posted links.

If closing/any changes of safety codes in Arena due the **COVID 19, all payments will be return.**

## 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.

**Jan** Cekal 7 years Goalie coach, running clinics/camps in the Czech republic with Petr Mrazek.

This is a unique opportunity. We look forward to your participation. **Michael** Konopka 5 years experience running camps in Europe and USA.

**GOOD LUCK TO ALL PLAYERS. LET'S HAVE A GREAT SUMMER.  
WORK HARD, PLAY HARD, 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, Jan Cekal) 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 \_\_\_\_\_

# WAIVER/RELEASE FOR COMMUNICABLE DISEASES INCLUDING COVID-19

## ASSUMPTION OF RISK / WAIVER OF LIABILITY / INDEMNIFICATION

### AGREEMENT:

In consideration of being allowed to participate on behalf of C.P.D. athletic program and related events and activities, the undersigned acknowledges, appreciates, and agrees that:

- Participation includes possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and,
- I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
- I willingly agree to comply with the stated and customary terms and conditions for participation in regards protection against infectious diseases. If, however, I observe any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
- I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS Roman and Jana Andrys, dba. C.P.D. their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), WITH RESPECT TO ANY AND ALL ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

**I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IF FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.**

### FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)

This is to certify that I, as parent/guardian, with legal responsibility for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of presence and participation and his/her personal responsibilities for adhering to the rules and regulations for protection against communicable diseases. Furthermore, my child/ward understands and accepts these risks and responsibilities. I for myself, my spouse, and child/ward do consent and agree to his/her release provided above for all the Releasees and myself, my spouse, and child/ward do release and agree to indemnify and hold harmless the Releasees for any and all liabilities incident to my minor child's/ward's presence or participation in these activities as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent provided by law.

Player name (print)\_\_\_\_\_

Date Signed \_\_\_\_\_

Parent/Guardian (sign)\_\_\_\_\_

Date Signed \_\_\_\_\_