

**JET International Women's Ice Hockey
School**

Registration Form

Given Name: _____ Surname: _____

Parent's Name: _____

Address: _____ City: _____

Postal Code: _____

Telephone: _____

Emergency Telephone: _____

Email: _____ Birth Date: _____

Current Team: _____ Position: _____

Playing Experience (yrs.): _____ Level: _____

Jersey Size (please circle one): -YL- -S- -M- -L- -XL-

Do you have any health problems that we should be aware of?

Do you have any special requests? _____

Week of Camp:

Cobourg: July 12-16

Belleville: July 19-23

Richmond Hill: August 16-20

Please Note:

No refunds will be issued 30 days prior to the start of the camp unless due to injury or illness. A doctor's note may be required. No refunds will be issued after the start of the camp. A \$25.00 administration fee will apply to all cancellations. We reserve the right to place students in the most appropriate group for their skill level. We also retain the right to terminate the stay of any player, when it is deemed to be in the best interest of either the school or the player.

Applicant/Guardian Signature:

Date: _____

Mail to:

JET HOCKEY SCHOOL
54 Arnold Crescent
Richmond Hill, Ontario
L4C 3R5



Please Note: We have listed 2 prices to reflect the Ontario Government implementation of the HST tax on July 1st 2010.

Cobourg (Memorial Arena)

July 12– July 16

8:00 am– 4:00 pm

\$325.00 Before June 30th

\$367.25 After July 1st

Belleville (Wally Dever Arena)

July 19– July 23

9:00am– 5:00 pm

\$325.00 Before June 30th

\$367.25 After July 1st

Richmond Hill (Elvis Stojko Arena)

August 16– August 20

8:00am– 4:00pm

\$325.00 Before June 30th

\$367.25 After July 1st

CONTACT INFORMATION:

JET.INTERNATIONAL.HOCKEY@GMAIL.COM





JET WOMEN'S ICE HOCKEY SCHOOL

Welcome to JET International Women's Ice Hockey School

We are proud to offer Forwards, Defense and Goaltenders of all ages and caliber the opportunity to develop and improve their skills.

JET's coaching staff knows what it takes to play at a high level consistently and how to prepare to be two strides ahead of the competition, both physically and mentally.

Off-Ice and On-Ice Programs:

- Incorporate hockey specific NCAA and Team Canada inspired drills.

Strong focus on the Fundamentals:

- Footwork drills to improve skating agility and speed.
- Simplified Puck Control and Shooting instruction to pinpoint common errors and promote good technique.

Group Activities:

- Team Building activities to develop self confidence and 'chalk talk' to prepare mentally for games.
- Team and individual video analysis.

Coach to Player Ratio: 1:6

Coaching Staff

Jamie Miller

Currently Head Coach of professional Women's Ice Hockey team in Salzburg, Austria. Played Goalie for Toronto Aeros, Team Ontario and NCAA Division 1 hockey team. Head Instructor for Canadian Goaltending Academy. Invited to Team Canada Goaltending Tryouts and Conditioning Tryouts in 05-06. Has won several Provincial and National titles, including Gold at the Canada Winter Games. (905) 737-5097

Elyse Cole

2009 Graduate of Quinnipiac University. Received Division 1 scholarship. Assistant Captain for two years. Currently holds school records for scoring. Voted team MVP 07-08, most offensive player 05-08 and led the ECAC in power play goals during 08-09. Received several ECAC weekly honors. Currently playing professional Ice Hockey in Europe, finished second in the league in scoring. (613) 968-4660

Trudy Reynolds

2009 Graduate of Quinnipiac University. Received Division 1 scholarship. Team Captain 05-08 and was among top defenders in NCAA Division 1. Received top defensive team honors 06-08. Represented Ontario in 2005 National tournament. Currently Assistant Captain for professional Salzburg Ravens. Won top defensive player of the European Women's Champions Cup. (203) 927-5552

Day Outline

- Arrive one hour before morning on-ice session.
- Off-Ice warm up and stretch led by Coach. Morning On-Ice session focused on Skating, Puck Handling and Shooting.
- Cool-down led by Coach.
- Recreational games and Team building exercises.
- 45 Minute 'Chalk Talk': Nutrition, Avoiding Distractions, Mental Preparation, Video analysis.
- Afternoon On-Ice practice incorporates Skills and Techniques worked on in the morning.
- Cool-down and monitored end of the day pick-up.



Trudy Reynolds



Elyse Cole



Jamie Miller