



ANNUAL HOCKEY SCHOOL

August 21st – 25th, 2017
8:00 AM to 4:00 PM

Wellington District Community Centre
Wellington, Ontario

- Free Dukes Hockey School Jersey
- Monday to Friday – 8:00 AM to 4:00 PM
- 3 hours of ice time per day guaranteed
- Daily power-skating
- Learn the Fundamentals

Learn from the experiences of your favourite Dukes.



Photo: Phil Norton

HOME OF THE WELLINGTON DUKES

SOLD OUT LAST YEAR



Use the form on the reverse side or apply by on line.

www.wellingtondukes.com



HOCKEY SCHOOL

Learn from the experiences of your favourite Dukes.

August 21st – 25th, 2017, 8:00 AM to 4:00 PM
Wellington District Community Centre
Wellington, Ontario

Who Can Apply: Any caliber of player (boy or girl). Groups will be assigned according to age and ability. Ages 6 to 14.

Cost: \$295, includes **FREE** hockey jersey. \$100 deposit with application, balance due August 1st, 2017.

Early Bird Special – \$275 if deposit is received prior to May 31st, 2017.

Payment: Send application and deposit to **Dukes Hockey School**
P.O. Box 363, Wellington, ON K0K 3L0

Then what: Upon receipt of your application an official receipt and confirmation will be sent to you along with further instructions and a schedule outlining the daily activities.

Questions: Call 613-399-2924 or email: mabrams10@sympatico.ca or online at: www.wellingtondukes.com

What to bring: All your hockey equipment and a lunch each day. Snack breaks will be provided for each morning and afternoon.

All Caliber of Players Welcome!

Ages 6-14 • Boys and Girls

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SKILLS DEVELOPMENT IN A FUN ENVIRONMENT

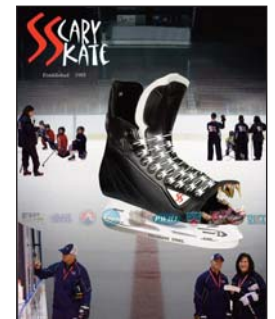
- Full day of Activities
- Lots of On-Ice Instruction
- Loads of Off-Ice Activities
- Excellent Student / Instructor Ratio
- Great Foundation of Skills for the Upcoming Season

Lots of Fun and Excitement

**GET READY FOR THE SEASON!
BE PREPARED!**

BACK AGAIN THIS YEAR

We are pleased to announce that *Scary Skate* will partner with the Dukes and instruct our students in the area of skating development. Mary and her staff have instructed NHL, AHL, NCAA, OHL and Junior A players/teams for years. We are excited to have them at the Dukes Hockey School.

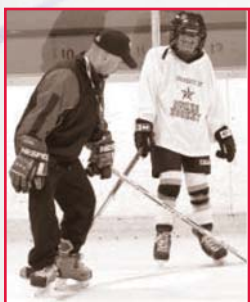


A PROUD HOCKEY TRADITION

HOCKEY SCHOOL

A week of interactive fun and learning with players from the present and the past.
Learn from the experiences of your favourite Dukes.

The Wellington Dukes Hockey Club is proud to invite you to our "Dukes Hockey School" being held August 21st through August 25th, 2017 at the Wellington Arena. We welcome all caliber of players and provide a day long activity filled, fun week of hockey development. Our instructors are actual hockey coaches and hockey players who are currently at the Junior A, College or Professional level. Each instructor knows the value of a sound foundation of fundamental hockey skills and their common goal is to pass that knowledge on to the students. The instructor/student ratio will be low enough to ensure individual instruction. There will also be individual instruction for goaltenders. All students will participate in daily power skating sessions and a variety of dry land exercises designed to prepare the students for the upcoming hockey season. Students will be encouraged to ask questions and seek answers.



We are proud to announce that *Scary Skate* will return to the Dukes and instruct our students in the area of skating development. Mary and her Staff have instructed NHL, AHL, NCAA, OHL and Junior A players/teams for years. We are excited to have them at the Dukes Hockey School.

For younger players, our staff will assist those who need help tying their skates and putting on their gear. Our daily schedule starts at 8:00 AM and ends at 4:00 PM. Extended hours of supervision are available upon request. Each player is guaranteed 3 hours of on-ice action per day and everyone will receive a Dukes Hockey School jersey to keep. We encourage all students to bring a "brown bag lunch."



For those participating for the first time we promise the school will provide an excellent week of instruction, improvement and enjoyment. For those coming back for a second or third time, we promise subtle changes to enhance your experience and skill building.

Skill development is the key to our success... What to expect from our staff...

- ♦ Fun week of hockey instruction
- ♦ Daily power skating instruction, use of inside/outside edges, proper techniques for forward and backward skating, maximizing balance, power and agility
- ♦ Fundamental puck handling skills with emphasis on stick handling, passing and receiving the puck
- ♦ Proper shooting techniques for wrist, backhand, snap and slap shots
- ♦ Skating agility with and without the puck, balance, power and speed, proper skating technique
- ♦ Proper fitting of equipment including proper stick length and models, helmet/face protection
- ♦ Game fundamentals, positional play, how to play each position, game situations
- ♦ Board safety issues...hitting from behind, stay away from danger zones, respecting your opponents
- ♦ On-ice interaction and discussions about game situations and past experiences
- ♦ Approachable instructors who love the game of hockey and want to help teach younger players the fundamentals while having fun and enjoying the week.

TYPICAL DAY AT THE DUKES HOCKEY SCHOOL

- 8:00 – Report to dressing room
- 9:00 to 11:00 – Power skating, skill development, review of session, snack (provided during flood)
- 11:00 to 12:00 – Lunch, instruction video, hockey talk
- 12:00 to 1:30 – Off-ice activities, low impact games
- 1:30 to 2:00 – In dressing room instruction
- 2:00 to 4:00 – On-ice skill development, shooting and puck skills



2017 HOCKEY SCHOOL PLAYER APPLICATION

Please submit completed form accompanied with \$100 deposit. Make cheques payable to the Wellington Dukes Hockey School. Mail to Dukes Hockey School, P.O. Box 363, Wellington, Ontario K0K 3L0 or call 613-399-2924 to register by telephone. You may also register online at www.wellingtondukes.com or email: mabrams10@sympatico.ca

Name: _____ Age: _____

Address: _____ Email: _____

Home phone: _____ Work phone: _____

Parent/Guardian: _____ Signature: _____

2015/2016 Team: _____ Position: _____

Allergies or Medical Conditions: _____

Hockey Jersey Size (Please check one): Small Medium Large XLarge

Cost: \$295, \$100 deposit. If \$100 deposit received prior to May 31st, 2017, cost will be \$275, you save \$20. Please complete the entire application!

Waiver: By signing this application, you are releasing the employees, volunteers, directors of the Wellington Dukes Hockey Club and Hockey School from any and all actions, courses of action, claims and demands resulting from any loss, injury or damage to person or property which has arisen or may arise from all and any use of the Wellington Dukes Hockey School, including on and off ice programs. This release constitutes a waiver of legal rights and by signing this application form you are also indicating that you have read carefully and understand the contents of this waiver and release.

OFFICE USE ONLY
Deposit _____
Balance _____