2012 NEW PROGRAM

WELLINGTON DUKES

ANNUAL HOCKEY SCHOOL
AUGUST 13TH – AUGUST 17TH

FREE DUKES HOCKEY SCHOOL JERSEY

★

MONDAY TO FRIDAY
8:00am - 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

WWW.WELLINGTONDUKES.COM

★ *Apply On-Line or by Phone* ★

DUKES HOCKEY SCHOOL

Learn from the experiences of your favourite Dukes

" QUICK SHOTS "

WHEN: AUGUST 13 –17, 8:00 a.m. – 4:00 p.m.

WHERE: WELLINGTON DISTRICT COMMUNITY CENTRE WELLINGTON, ONTARIO

HOW MUCH: $265, includes FREE hockey jersey. $100.00 deposit with application, balance due August 1st, 2012, EarlyBird Special $250 if deposit is received prior to May 30, 2012.

ADDRESS: Send application and deposit to "Dukes Hockey School", **P.O. Box 363, Wellington, ON K0K 3L0** or by phone 613-399-2924 or online at: www.wellingtondukes.com or email: mabrams10@sympatico.ca

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

QUESTIONS: Call 613-399-2924 anytime.

WHO CAN APPLY: Any caliber of player (boy or girl). Groups will be assigned according to age and ability. Ages 6–14

WHAT TO BRING: All of your hockey equipment and a lunch each day. Snack breaks will be provided for each morning and afternoon.

HOME OF THE WELLINGTON DUKES

GREAT ICE
BEAUTIFUL NEW FACILITY

WELLINGTON DUKES

GREAT DEVELOPMENT
NO PRICE INCREASE

ANNUAL HOCKEY SCHOOL

NEW WELLINGTON ARENA NEW
8:00 A.M. – 4 P.M.
AUGUST 13th – AUGUST 17th 2012

Skill 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

Sold Out Last Year!

All Caliber of players welcome!
Ages 6 – 14
Boys and Girls

GET READY FOR THE SEASON!
BE PREPARED!

A PROUD HOCKEY TRADITION

DUKES 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 13th thru August 17th, 2012 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.

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 a.m. and ends at 4:00 p.m. 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 – 11:00	Power Skating, skill development, review of session Snack (provided during flood)
11:00 – 12:00	Lunch, instruction video, hockey talk
12:00 – 1:30	Off-ice activities, low impact games
1:30 – 2:00	In dressing room instruction
2:00 – 4:00	On-ice skill development, shooting and puck skills

EARLY BIRD SPECIAL $250!

If deposit received prior to May 30, 2012

2012 PLAYER APPLICATION

Please complete the entire application!

To be accompanied with $100 deposit. Please make cheques payable to the Wellington Dukes Hockey School. Please 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 _____

PHONE #(work) _____ (home) _____

PARENTS / GUARDIAN _____

2010 - 2011 TEAM _____ POSITION _____

ALLERGIES or MEDICAL CONDITIONS _____

PARENTS/ GUARDIAN SIGNATURE* _____

HOCKEY JERSEY SIZE : _____ (Adult Small, Medium, Large or XL)

Email: _____

OFFICE USE ONLY

DEPOSIT _____ BALANCE _____

*By signing this application, you are releasing the employees, volunteers, director's 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.

Mail this back with your deposit!