



Adult Women's Off-Ice & Hockey Skill Sessions **December 27, 28, 29, 2009**

Welcome to the Edge School and Female Hockey Programs for all skill levels & ages. This 3-Day skill session invites all Female Recreation Hockey Players to participate in off-ice conditioning session followed by On-Ice skill session.

Coaching Staff

Head Instructor: Tracey Luhowy: Assistant Coach - Edge Girls Varsity Team & Junior High Female Hockey Skill Academy Coach

Assistant Instructor: Laura Milne

Sunday, December 27:

5-5:30pm: Off-ice training in the Duckett Performance Centre

6-7:15pm: On-Ice skill session

Focus: Skating: Edge control/ Passing & puck-handling skill work/ Skill games: Puck support principle

Monday, December 28:

6-6:30pm: Off-ice training in the Duckett Performance Centre

7:30-9pm: On-Ice skill session

Focus: Skating: tight turns & cross-overs/ Passing & puck-handling skill work/ Skill games: Timing – creating time & space with the puck

Tuesday, December 29:

6-6:30pm: Off-ice training in the Duckett Performance Centre

7:30-9pm: On-Ice skill session

Focus: Skating: Backwards & pivots/ Defensive techniques of Angling & checking and applying it to the Skill games:



EDGE HOCKEY

Adult Women's Off-Ice & Skill Sessions

Registration Form

Cost: \$100.00

Player's Name: First _____ Last _____

Address: _____

Postal Code: _____ Phone: _____

Email: _____

Position: _____

Emergency Contact: _____ Phone: _____

Alberta Health Care #: _____

Allergies or Medical Concerns: _____

Please make your cheque payable to: **"EDGE SCHOOL"**. Personal information obtained and retained for safekeeping by Edge School hereunder ("Personal Information") is solely for the following purposes: (1) administering Edge Hockey Camps 2009 play and for properly attending to any necessary medical matter regarding your child and (2) providing you with information about Edge School and its programs should you indicate your interest below. The Personal Information will not be provided to any third party without your specific consent.

_____ **Yes, we wish to receive information about Edge School and its programs.**

Payment terms: Full payment and a completed Assumption of Risk and Waiver are required to confirm your spot.

Mail form and cheques to:

ATTN: TRCAEY LUHOWY

33055 TOWNSHIP ROAD 250, CALGARY, ALBERTA, CANADA. T3Z 1L4

Tracey Luhowy, Edge School Hockey Director and Edge may be reached at: tluhowy@edgeschool.com or by phone at 403-246-6439 ext. 442.

Cancellation Policy: No cancellations will be accepted after November 30, 2009. All cancellations are subject to a \$50.00 administration fee.