



Mailing Address:
Wellesley Apple Jacks
1004 Catherine St., Wellesley, Ontario N0B 2T0

Player Name: _____

Address: _____

City: _____ Postal Code: _____

Birth Date: _____ Gender: Male ☐ Female ☐

Medical Information (i.e. allergies, asthma, etc.) _____

Parent Name(s): _____

Telephone: Home: _____ Work: _____

Email Address: _____

Last Years Team: _____ Position: _____

T-Shirt Size: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
 Youth: Small Medium Large Extra Large Adult: Small Medium Large Extra Large

Jersey Size: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
 Youth: Small Medium Large Extra Large Adult: Small Medium Large Extra Large

Signature: _____

Date: _____ Print Name: _____

JHC reserves the right to place players based on skill level

All costs include HST
 Session 1: August 20-23, 2018

check age group ☐ ☐ ☐ ☐
 Tyke/Novice Atom Pee Wee Bantam
 (born in 2010 or 2011) (born in 2008 or 2009) (born in 2006 or 2007) (born in 2004 or 2005)

In consideration of the acceptance of the applicant in Jacks Hockey Camp, the Applicant and and/or Parent(s)/Guardian(s) on behalf of the Applicant, for herself/himself, his/hers heirs, executors, administrators, and personal representatives hereby waive any claims to which the Applicant may become entitled for accident, injury, loss of damage and do release the Wellesley Apple Jacks Organization, it's owners, officers, directors, agents, and employees from any claims for accident, injury, loss, or damages suffered by the Applicant as result of the Applicants participation in Jacks Hockey Camp notwithstanding any such accident, injury, loss or damages may have risen by reason of the negligence of any one or more of the aforementioned parties. The Applicant, or Parent(s), Guardian(s) on behalf of the Applicant, Hereby states that the Applicant is in proper physical condition to participate in Jacks Hockey Camp and is aware that participation could in some circumstances, result in physical injury.

Consent: I give my child consent to participate in all on-ice and off-ice activities offered by Jacks Hockey Camp and agree that the school (Owners and staff) connected herewith from all manner of action, injury, loss, damages, costs, however caused by participation in this program on or off and agrees to release the Wellesley Apple Jacks Organization Jacks Hockey Camp and the staff from all claims or damages which as a result of or by reason by such accidents or loss. This release shall be binding on our spouses, executors, and heirs. I understand that all participants must wear full CHA approved hockey equipment during all on ice activities.

Parent/Guardian Signature: _____ Date: _____

Please forward all complete registration forms by May 31st to Mike Ellison White at mellisonwhite@gmail.com
 OR via mail to the Wellesley Apple Jacks 1004 Catherine St. Wellesley Ontario N0B 2T0

SPACES ARE LIMITED. Register early!

Registered participants will be contacted for Electronic Funds Transfer payment or invoiced for a cheque payment

The Twin Centre Stars & The Twin Centre Hericanes Present:

August 20-23, 2018



LIMITED SPACES AVAILABLE!



St Clement's Arena



Jacks Hockey Camp Objectives

- To enhance the skill development of our local hockey association by offering a preseason camp in a four-day format focussed on hockey skills for:
Novice, Atom, Peewee and Bantam Divisions.
- Our goal is to develop player skill development, drive and confidence in hockey skills such as stick-handling, skating, passing, shooting and goaltending.
- “Ultimately”, we want to be part of developing local prospects from our “community”.
- Please note - Power Skating programs are offered by the Minor Hockey Association. Participation is encouraged •

Skill Development On and Off Ice

1. Warm up and skating drills will be combined within the first 10 minutes of the program
2. Station Areas (x5) will be for roughly 8 minutes per area.
(Multiple Jacks Players and Coaches will be participating at each station)
3. Players will be grouped based on skill level and rotate in small groups through stations working on individual skills combining puck control and skating
4. This training format will keep everyone active throughout. Each group will have an Apple Jacks Player assigned to focus on individual skill development time within each group, the technique
5. Each session will have a specific focus and progress over the course of each ice time and the duration of the program.
6. Dryland Training - Focused on off ice Hockey Specific Conditioning and Training techniques to enhance conditioning in season.



Focus Areas

- **Skating**
 - Each ice time will be designed to enhance and define the skills needed to succeed.
 - The participants begin with power skating (straight line speed, turns, pivots, stopping, etc.)
- **Stick-handling / Puck Control / Passing**
 - Development of their skills to become more confident.
 - All players should have excellent stick-handling and puck control skills to be confident
- **Shooting**
 - Focus on perfecting various types of shots (wrist shot, snap shot, slap shot)
 - Multitude of different scoring scenarios.
 - Drills will combine puck control and speed to maneuver in and out of traffic in the areas around the net to score.
- **Passing**
 - Power skills (stick-handling, puck protection and passing technique with movement)
- **Goaltending**
 - Goaltenders will be taught the modern butterfly technique and will work on their movement to position oneself square to the shooter during drills and will have some one to one coaching



Jacks Hockey Camp Details

Date: August 20-23, 2018

Cost: \$175/Player

Venue: St Clements Arena

Registration Deadline: May 31, 2018

Novice/Atom - 6:30PM to 7:30PM On Ice / Dryland 7:45 to 8:30PM

Peewee/Bantam - 7:30PM to 8:30PM On Ice / Dryland 6:30 to 7:15PM

Limited Spaces Available! Register Early!

Registration Forms available at www.tcmha.ca and www.hericanes.ca

Email Registration to Mike Ellison-White mellisonwhite@gmail.com

Questions to info@wellesleyapplejacks.com

Registered participants will be contacted for payment and waiver completion.