

Spring Hockey Conditioning and Development @ ISCC

April 6-May 27

Mites

Tuesdays @ 5:10pm

3 on 3 Cross-Ice

2004-2002

\$595 - Team or \$75 - Individual

Squirts (Ironworks Option Available)

Thursdays @ 5:45pm

3 on 3 Cross-Ice

2001-2000

\$595-Team or \$75 - Individual

*1999 Birth Year with prior approval and if appropriate to level

Pewees with Ironworks

Thursdays @ 7:20pm

4 on 4 Full-Ice

1999-1998

\$140 - Individual

Bantams with Ironworks

Thursdays @ 7:30pm

4 on 4 Full-Ice

1997-1996

\$140 - Individual

Midgets (1995 and older)

Midget players can enter a pre-established 4on4 run by Jam Pro Shop. It runs Sunday Mornings from 11:30-12:45pm, March 21 - May 2 (no skate on 4/4). To register please stop by Jam Pro Shop, email danielgiordano@aol.com, or contact Dan at 860-539-0218. Midget players are welcome to join Ironworks in the 10am group and can register for Ironworks by using the registration attached. (Note Ironworks begins 4/11)

Sunday Mornings

Ironworks with Kris Arnold and Max Wunderle

Ironworks is a comprehensive training program that features movements and activities that the human body is designed to perform at high intensity to deliver the best holistic fitness and athletic results your daughter or son can possibly accomplish in less than an hour. This program is the same one that drove the Westminster School to their first New England girls hockey championship as well as the Simsbury lacrosse team to the state finals last year. Most workouts last less than 20 minutes and feature dynamic warm ups, targeted cool downs and hands on teaching of proper form and movement to ensure safety and efficiency.

Additionally, Ironworks will host a free nutrition seminar on April 8th from 7:00-8:00pm open to all parents of participating athletes. This hour long workshop will feature hands on discussion of how to fuel your athletes for optimal performance as well as provide shopping lists and meal plans for all in attendance.

Squirts - 8:00am

Pewees -9:00am

Bantams-10:00am

To Register or For More Information Contact the ISCC Hockey Office at

860-651-5400 ext.17 or hockeyoffice@isccskate.com

***** Registration Deadline March 31st *****

Spring Hockey Conditioning and Development 2010 Registration Form

Player: _____ D.O.B. _____
 Address: _____ City/ST _____
 Email: _____ Phone: _____
 Team: _____ Position _____

In case of emergency please notify:

Name: _____ Home # _____
 Relation: _____ Work # _____
 Address: _____ Cell #: _____
 _____ Email: _____

PLEASE COMPLETE THIS FORM and RETURN IT WITH YOUR PAYMENT
 (Please Check the Ones You Will Attend)

_____ **Mite** (Team \$595 / Individual \$75) \$ _____

_____ **Squirt** (Team \$595 / Individual \$75) \$ _____
 (Ironworks Option available for \$65 per individual)

_____ **PeeWee** (Individual \$140) \$ _____

_____ **Bantam** (Individual \$140) \$ _____

_____ **Ironworks Option Only** (Individual \$65) \$ _____

TOTAL ENCLOSED \$ _____

Make Check Payable to:

ISCC
 PO Box 577
 Simsbury, CT 06070

I understand that my son/daughter may be dismissed from these clinics at any time at the discretion of the coaches, and if so there is no refund for any fees paid. I acknowledge, that by signing this form, I give my son permission to train at ISCC and that I have read and understand the waiver on the other side of this form.

 Parents Signature Date

Last Name: _____ First Name: _____ Telephone: _____

ISCC WAIVER AND RELEASE OF LIABILITY

In consideration of being allowed to participate in any way in the International Skating Center of Connecticut, L.L.C. programs, events, related events, and activities, the undersigned understands, appreciates, acknowledges, and agrees that:

1) The risk of injury from activities involved in these programs, events, related events, and activities is significant, including but not limited to the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,

2) I KNOWINGLY AND FREELY ASSUME ALL SUCH RISK, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,

3) I willingly agree to comply with the stated and customary terms and conditions for participation. If however I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,

4) I, for myself, and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS THE INTERNATIONAL SKATING CENTER OF CONNECTICUT, L.L.C., and Ironworks, their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DEATH, OR LOSS OR DAMAGE TO PERSON OR PROPERTY, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

5) I hereby grant permission to the International Skating Center of Connecticut and Ironworks to photograph my child and use said photographs now and in the future in a brochures, Internet, multimedia presentations and newspapers concerning programs held at the International Skating Center of Connecticut. I understand photos may be used without further notice or compensations, and agree that such material will be freely available for download and distribution.

Please list any medical information, doctor's restrictions, or any other relevant or pertinent information.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, AND UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Participant's Signature

Date Signed

PARTICIPANTS OF MINORITY AGE

(under the age of 18 years at the time of registration)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above from all the releasees, and for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE.

Parent or Guardian's Signature

Date Signed