

REGISTRATION

CHECK ONE BOX ONLY

<input type="checkbox"/> INTERMEDIATE PROGRAM	\$ 350
<input type="checkbox"/> ADVANCED PROGRAM	\$ 550
<input type="checkbox"/> ELITE PROGRAM	\$ 650

PLAYER INFORMATION

Player Full Name			
Address			
CITY:	ST:	ZIP:	
Player E-Mail			
Home Phone #			
DATE-OF-BIRTH: ___/___/___ Height: ___ Weight: ___			
Hockey Information	Shot (R/L): <input type="checkbox"/> Right <input type="checkbox"/> Left		
	Pos: <input type="checkbox"/> For <input type="checkbox"/> Def <input type="checkbox"/> F/D <input type="checkbox"/> Goalie		
Team Last Yr (name)			
Team Classification	<input type="checkbox"/> Junior <input type="checkbox"/> U-18 <input type="checkbox"/> U-16 <input type="checkbox"/> U-14 <input type="checkbox"/> U-12 <input type="checkbox"/> U-10 <input type="checkbox"/> U-8/under		
Father Name			
Father E-Mail			
Father Phone (WorC)			
Mother Name			
Mother E-Mail			
Mother Phone (WorC)			

Refer to the reverse side for Waiver of Liability.

THIS MUST BE SIGNED BY PARENT/GUARDIAN.

MAIL REGISTRATION FORM, SIGNED WAIVER & CHECK "PAYABLE TO":

HOCKEY INTERNATIONAL

Attn: Tampa Summer Training
426 River Enclave Ct,
Bradenton, FL 34212

2011

Weekly Training Calendar

WEEK	WEEKLY SCHEDULE		
	MON	WED	FRI
#1	Jun 13	Jun 15	Jun 17
#2	Jun 20	Jun 22	Jun 24
#3	Jun 27	Jun 29	OFF
#4	OFF	Jul 6	Jul 8
#5	Jul 11	Jul 13	Jul 15
#6	Jul 18	Jul 20	Jul 22
#7	Jul 25	Jul 27	Jul 29

LOCATION

All Hockey International training programs are located at **Ellenton Ice & Sports Complex**.
www.ellentonice.com

APPAREL

Off Ice training requires you to wear proper apparel including an excellent pair of training shoes. Groups with On-Ice must bring full equipment. Additionally, you should bring a post-training change of clothes.

HOCKEY INTERNATIONAL

Contacts and Information

Brett Strot (Head Coach)
Brett@HockeyInternational.net

Kevin Wolter (Gen Mgr)
Kevin@HockeyInternational.net

WWW.HOCKEYINTERNATIONAL.NET



2011

SUMMER TRAINING PROGRAMS

7 WEEK SESSIONS

MON – WED – FRI

JUNE 13 – JULY 29

Scientifically Designed Programs

INTERMEDIATE

ADVANCED

ELITE

WORKING-OUT & TRAINING

!! KNOW THE DIFFERENCE !!

Hockey International – Tampa FL

Brett Strot's HOCKEY INTERNATIONAL & the ELLENTON ICE & SPORTS COMPLEX has teamed together to bring the hockey world a new and better way to train and develop dedicated players through specifically designed on-ice & off-ice programs and testing.

HOCKEY INTERNATIONAL is a unique training-developing-testing program designed to start players on the right path to becoming an elite hockey player that they may excel and achieve their goals.

HI's developmental techniques train the mind and body to see & play the game with speed. Players attending HI will leave with a new perspective and desire to get better by way of improvement, the single greatest motivational incentive.

President's Training Message

I would like to invite you to attend Hockey Internationals Summer Training Program. Hockey International is a program I developed over the years to help hockey players understand where they are and more importantly, how they can improve their speed and strength specifically for hockey through an on-ice and off-ice summer training program.

I know there are a lot of options for players in terms of camps and showcases around the country, but if you really want to improve your game in the off season I highly recommend you take advantage of this program. The off season is where you make your greatest gains in terms of speed and strength development and you will benefit from it for years to come. Several players throughout Florida have taken advantaged of HI's training program, helping them achieve their goals of playing in the USHL, NAHL, EJHL & AJHL as well as attaining Division-I commitments.

Brett Strot – President

INTERMEDIATE PROGRAM

26 Training Hours

For younger players just starting out: Speed–Power–Agility & Top Speed Endurance; Off-ice Training & skills development and On-Ice Training & Development.

Days: **MON – WED – FRI** (3 days/week)

Ages: **10 & Under** (2001-2004)

MON & FRI: 5:45pm – 6:45pm (Off-Ice Training)

WED: 6:00pm – 8:00pm (On-Ice Training/Off Ice Skills)

ADVANCED PROGRAM

41 Training Hours

For older players who want to learn how to train for Speed–Power–Agility & Top Speed Endurance; On Ice & Off Ice Training plus off-ice skills development. Includes On/Off-Ice **TESTING**.

Days: **MON – WED – FRI** (3 days/week)

Ages: **15 & Under** (1996- 2000)

MON: 8:00am–10:30am (On Ice Training & Off Ice Skills)

WED–FRI: 9:30am–11:30am (Off Ice Training)

ELITE PROGRAM

47.5 Training Hours

Designed for players who have trained and/or would like to move to the next level of “Speed – Power – Agility & Top Speed Endurance”. Includes On Ice & Off Ice Training plus skills development and On/Off-Ice **TESTING**.

Days: **MON – WED – FRI** (3 days/week)

Ages: **16 & OLDER** (1995's and older)

MON: 9:30am–12:00pm (Off-Ice Training)

WED: 8:00am–10:30am (On-Ice Training & off Ice Skills)

FRI: 8:00am–10:30am (Off-Ice Training)

RELEASE AND ASSUMPTION OF RISK

HOCKEY INTERNATIONAL does not carry health insurance. I am aware that during training hours my child will be participating in activities that involve certain risk, including but not limited to, on-ice & off-ice training.

I hereby hold **HOCKEY INTERNATIONAL** and Ellenton Ice & Sports Complex or any of our training partners, harmless from any and all liability. I authorize Hockey International to obtain emergency care services for my child in my absence. I agree to assume responsibility for any medical services for my child.

Parent / guardian signature

Date _____

TAMPA JUNIORS

The Tampa Bay Junior's will be looking for players to fill out it's rosters for the 2011-12 season. Tryout dates coming soon!

Our **Tampa Junior programs** will have the year-round support and availability of all Hockey International programs.

HI embeds our training program inside our winter-based hockey teams as this technique allows players to continue training – even within a team environment.

This helps players develop at a rate faster than their natural progression.