

Advanced Hockey Training Speed Ramp Training Program

REGISTRATION FORM:

Cap is 6 kids per hour.

Please complete and return with Full payment \$169.50 or \$152.55 if on **Monday's** to:

**Advanced Hockey Training
340 Southgate Drive unit 6-7
Guelph, ON
N1L 1B1**

SKATER'S NAME: _____ **Birth Date** _____

PARENT/GUARDIAN NAME: _____

PHONE (H): _____ **PHONE (C):** _____

EMAIL: _____

2012-2013 TEAM OR SKATING EXPERIENCE: _____

Upon receiving Registration and Payment, a **confirmation email will be sent to email listed above.**

WAIVER: I acknowledge that Advanced Hockey Training and the instructors will not be held responsible or liable for any accident or loss, however caused, and agree to Release Advanced Hockey training and the Instructors from all damages or claims which may arise as a result of such accidents or loss. I hereby give my permission to seek out any medical assistance my child (or adult) may require while attending the program. **NOTE:** The person who agrees to this waiver must be at least 18 years old. A parent must acknowledge for skaters under 18. Waiver must be acknowledged in order to register.

Parent/Guardian's Full Name (Please Print) _____

Parent/Guardian's Signature: _____

Date: _____

Pick Day and Time]

Monday	Tuesday	Wednesday	Thursday	Friday
5pm	5pm	5pm	5pm	5pm
6pm		6pm		6pm
9weeks	10weeks	10weeks	10weeks	10weeks

Speed in today's game is a game breaker, and the key to getting to the puck first and making the pass, or scoring the winning goal. Improves first-step skating quickness through an inclined ramp. The Speed Ramp does not change a skater's form and allows them to skate just as they would on a real ice surface. No on-ice drills or off-ice technology can match the Speed Ramp's effectiveness in working on the start and improving first-step skating quickness. One of the most important elements of skating is first-step quickness. The ability to start your stride quicker, leads to more speed, and in turn gets you to the puck quicker than your opponent. Our primary tool for developing first-step quickness is our SPEED RAMP.