



2016 Future Stars Summer Program

Five Hole Hockey is excited to announce our 4th annual Future Stars program for young players. The very players that are the future of our game!

2016 Program Details

Who: Players ages 5-8 (younger/older players with consent of parent and staff)

When: 7 1-hour long sessions May – Aug

Where: Twin Ponds East Puddle

Cost: \$175 per player (incl. jersey)

Size: Maximum of 10 players per session.

About Five Hole Hockey

Five Hole Hockey was founded in 2006 with the goal of helping amateur hockey players develop their skills, pursue advanced and elite levels of hockey, and to help players further themselves as individuals through the game of hockey.

Today we see our former players reaching every level of junior hockey and U.S. college hockey. We even have some alumni playing professionally including in the NHL!

Traditionally, our focus had been working with elite level players ages 16-20. In 2013, we launched the Future Stars program to help provide a strong fundamental base and love for the game in some of the youngest players as these players are truly the future of the sport.

Head Instructor: Andy Holmes

A founder of Five Hole Hockey, Andy is a Level 4 Certified USA Hockey Coach and currently runs the hockey operations for Five Hole Hockey. He brings over 30 years of playing and coaching experience to our organization. He has worked with players of all ages, abilities, and positions.

In addition to his role with Five hole Hockey, Andy serves as an instructor for The Goalie Academy, coaches in the Philadelphia Jr. Flyers Tier 1 youth hockey program, and assists elite level junior programs with their scouting. He believes in developing a strong fundamental skill set along with a love of the game in today's young players.

As a player, Andy started in the Hershey Youth Hockey program and went on to play Division 1 Prep School hockey at Choate. After completing high school, he played 3 years of junior hockey in the U.S. & Canada completing his playing career with a stint in the minor leagues. His educational background includes a B.S. degree as well as an M.B.A.

Program Philosophy:

Five Hole Hockey strongly believes that the future of the game is our young players. This program is designed to take place in a small-group setting and is built around these key areas:

1. Fundamental Skill Development & Skill Progression
2. Low Coach to Player Ratio Emphasizing Teaching
3. Teaching Basic Hockey Knowledge
4. Teaching Basic Hockey Concepts
5. Having Fun While Learning & Competing

Areas of Emphasis:

Skill, skills, and more skills – Summer is the time to focus on a player's individual skill set, both on its development and on its progression. We will emphasize teaching proper form and technique in key fundamental areas – skating, puck handling, passing, and shooting in an age and skill level appropriate manner.

Basic Hockey Knowledge – we will focus on learning the areas of the ice, responding to whistles in a practice setting, and learning the basic concepts of offensive play/situations and defensive play/situations.

Basic Hockey Concepts – learning to enjoy competition and teaching the concept of team play.

Program Goal: Player Improvement While Having Fun!

Development, development, development! Developing hockey players is our goal. We will help every player learn and grow in their abilities on the ice all while challenging them consistently in a fun, positive atmosphere!

Tentative Schedule:

There will be two groups of 10. Group 1 on Tuesday evenings 6:00-7:00pm on May 24, June 14, June 28, July 12, July 26, August 9 and August 23rd. Group 2 on Thursday evenings 5:30-6:30pm on May 26, June 16, June 30, July 14, July 28, August 11 and August 23rd.

Registration:

This program is limited to 10 players per session. A registration form is attached. **The Registration Deadline is February 15, 2016.**

To register, please: Complete the attached registration form and return it along with payment to us at the address below. Payments can be made in the form of cash, check, or money order and should be made payable to Five Hole Hockey. If you would like to pay by credit card please call us at 717-652-2878.

Five Hole Hockey
1152 Mae Street, Hershey Square #219
Hummelstown, PA 17036

Questions? Contact us at: 717-652-2878 or fiveholehockey@hotmail.com

www.fiveholehockey.net

2016 Five Hole Hockey Future Stars Program Registration Form

Consent for Medical Treatment

I, _____ give my permission for me/my child to receive an emergency medical treatment by a healthcare professional, including emergency medical transportation, which may be required for injuries sustained by me/my child. I agree to allow Five Hole Hockey, L.L.C. to sign for any necessary medical treatment for me/my child. I agree to indemnify and hold harmless all Releasees and Five Hole Hockey, L.L.C. for any costs incurred to treat me/my child, even if Five Hole Hockey, L.L.C. and/or a Releasee has signed hospital documentation promising to pay for treatment and agree to pay for all incurred costs of the medical treatment and transportation. I agree to release any necessary hospitals records to my/my child's insurance company.

I agree to follow all instructions, rules, and procedures in order to maintain a maximum level of safety at all times. YES NO

I have read and agree to follow all of Five Hole Hockey, L.L.C.'s Policies at <http://www.fiveholehockey.net/html/policies.html> and I understand that absent any specific policies relating to an age group or program, Five Hole Hockey will strive to follow USA Hockey regulations. YES NO

Participant's Name: _____ DOB: _____

Parent/Legal Guardian's Signature: _____ Date: _____

Contact in the event of an emergency: _____ Relationship: _____

Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Parent/Legal Guardian Email: _____ Parent/Legal Guardian Alternate Email: _____

Do you have any conditions that will prevent you/child from participating safely in this event? YES NO If yes, please explain: _____

Do you/child have any medical conditions that we should be aware of such as asthma, diabetes, seizures, and/or etc.? YES NO If yes, please list _____

Condition/s: _____

Have you/child had any concussions? YES NO If yes, how many? _____ Dates: _____

Have you/child been cleared by a doctor to play ice hockey games? YES NO Date cleared: _____

Do you/child currently have medical insurance: YES NO

Five Hole Hockey, L.L.C. Waiver and Release From Liability

In consideration of being allowed to participate in any athletic/sports events sponsored by **Five Hole Hockey, L.L.C.**, and any related events and activities, and intending to be legally bound, the undersigned:

1. Agree that the parent(s) and/or legal guardian(s) will instruct the minor participant that prior to participating he or she should inspect the facilities and equipment to be used, and if the participant believes anything is unsafe, he or she should immediately advise his or her coach or supervisor of such condition(s) and refuse to participate.
2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability, and death, and severe social and economic losses which might result not only from their own actions, inactions or negligence, but the action, inaction or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time.
3. Assume all the foregoing risk and accept personal responsibility for the damages following such injury, permanent disability or death.
4. Release, waive, discharge covenant not to sue **Five Hole Hockey, L.L.C.**, its affiliated clubs, their respective administrators, directors, agents, coaches, and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event, all of whom are hereinafter referred to as "releasees," from any and all liability to each of the undersigned, his or her errors and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or part by negligence of the release or otherwise.

THE UNDERSIGNED AGREES AND UNDERSTANDS, EITHER ON BEHALF OF HIMSELF OR HERSELF IF THE UNDERSIGNED IS 18 YEARS OR OLDER, OR ON BEHALF OF HIS OR HER WARD (CHILD) IF ONE OF THE UNDERSIGNEDS IS A MINOR UNDER THE AGE OF 18 YEARS, THAT ANY AND ALL FEES, MONIES, ADMISSIONS OR OTHER PAYMENTS TENDERED TO **FIVE HOLE HOCKEY, L.L.C.** IN CONNECTION WITH THE PARTICIPATION OF THE UNDERSIGNED OR THE UNDERSIGNED'S WARD AS THE CASE MAY BE, ARE NOT REFUNDABLE BY **FIVE HOLE HOCKEY, L.L.C.** UNDER ANY CIRCUMSTANCES.
WE/I HAVE READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT THEY HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT VOLUNTARILY.

DATE PARTICIPANT SIGNATURE MINOR PARTICIPANT'S PARENT OR GUARDIAN SIGNATURE (IF PARTICIPANT IS UNDER 18 YEARS OF AGE)