

**Participants will be provided with:**

Hockey Jersey  
Swimming Sessions (Lifeguard supervised)  
Daily drink and snack  
Free early drop off (8am or after)  
Free late pick up (5pm or before)  
Friday pizza lunch

**Daily Necessities:**

Full hockey equipment (including neck and mouth guard)  
Swimsuit and towel  
Off-ice training gear (t-shirts, shorts and running shoes)  
Sunscreen, water bottle and hat

The parent/guardian of \_\_\_\_\_ agrees that RMC Men's Hockey or any of its' staff will not be held responsible for any accidents resulting in medical, dental or other expenses which may occur before, during, after or enroute to or from any camp activities. In the event that I cannot be reached, it is permissible for the staff of RMC Men's Hockey to obtain treatment from a doctor/hospital for my child in a medical emergency.

*I have read, understood and am in full agreement with the above statement.*

\_\_\_\_\_  
Signature of parent/guardian

RMC also does not accept responsibility for the loss of any personal items such as clothing, footwear, watches, toys, etc.

**INSTRUCTORS**

**Adam Shell – Camp Director**

***Coaching and Related Experience***

- Head Coach RMC Varsity Men's Hockey Program
- Head Coach Serbian Men's Senior National Team 2008

***Playing Experience***

- McGill University Redmen (CIS) 1999-2003
- Thornhill Rattlers Junior A (OPJHL) 1997-1999

**Murray Cobb – Head Instructor**

***Coaching and Related Experience***

- Masters in Social Work – McGill University 2006
- Assistant Coach Serbian Senior Men's National Team

***Playing Experience***

- McGill Redmen (CIS) 1998-2003
- Serbian Professional League (2007-2009)
- Seneca Hockey Camp Instructor

**Staff Instructors**

- Members of the current RMC Paladins Roster



**Paladins Hockey Camp  
Aug 27<sup>th</sup>-31<sup>st</sup>, 2012**

**For further information**

**E-mail us at:**

[adam.shell@rmc.ca](mailto:adam.shell@rmc.ca)

# MISSION & PROGRAM

## Camp Mission

To enhance and develop the participant's confidence, self esteem, and individual and team playing skills within a safe, fun and positive learning environment.

## Program

**For Whom:** Boys and girls ages 8 to 14.

**On Ice Sessions:** 3 hrs of daily instruction that will focus on the fundamental skills of hockey: all aspects of skating, puck control, passing and shooting. Goaltending instruction will also be provided.

**Off Ice Sessions:** Sessions will include team sports such as football, soccer and baseball. In addition, the participants will be introduced to proper off ice conditioning techniques to increase speed, agility and flexibility.

**Facilities:** Organized activities at the Kingston Military Community Sports Centre including the Constantine arena, field house, athletic fields and swimming pool.

# INFORMATION

Boys and Girls, ages 8 -14

9 a.m. to 4 p.m. (Mon. – Fri.)

Cost: \$350

Registration before June 15<sup>th</sup>, 2012, each application must be accompanied by a minimum 50% of each participants total registration fee. Remaining portion of registration fee is due no later than July 30<sup>th</sup>, 2012. Registration fee is not refundable after August 2, 2012.

Make cheques payable to RMC Men's Hockey and mail to:

RMC Hockey Athletic Department  
P.O. Box 17000 Station Forces  
Kingston, ON  
K7K 7B4  
Attn: Adam Shell

# REGISTRATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Parent's/Guardian Name \_\_\_\_\_

Telephone #: (H) \_\_\_\_\_ (W) \_\_\_\_\_

E-mail \_\_\_\_\_

Please indicate jersey size Youth  L  XL Men's  S  
 M  L  XL  Goalie

Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Height \_\_\_\_\_

Male  Female  Position Played \_\_\_\_\_

Prior Year League \_\_\_\_\_

Medical Information (allergies, disease or illnesses of which we should be aware):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

OHIP # \_\_\_\_\_