

## HHS Medical Release and

### Release of Liability:

I, hereby covenant and agree with HHS, the owners, employees, instructors and staff in any activities in which my son/daughter is a participant, to indemnify and hold harmless, each and every one of them from and against all claims, liability, loss cost, damage and expenses which may in any way arise out of, or in connection with, the use by him or her of such facilities, including without limitation all claims he/she might have for personal injury or property damages to him/her or so arising. I, hereby give consent to administer first aid and, if needed, transport to the nearest emergency medical facility.

Signature (parent/guardian):

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Date: \_\_\_\_\_

Please note any medical conditions the staff should be aware of:

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Please send to:

**Coach Heenan  
Utica College Hockey  
1600 Burrstone Rd  
Utica, NY 13502  
(315) 792-3726**

### HHS 2009 Staff

**Head Instructor: Coach Heenan**  
Head Coach, Utica College

**Instructor: Derrek Lalonde**  
Div. I Denver U.

**Instructor: Jason Lefevre**  
Div I. Colgate University

**Instructor: Dennis Williams**  
Div I . Alabama Hunstiville

**Instructor: Matt Lindsay**  
Div I. Princeton

**Instructor: Scott McDonald**  
Div I. RIT

**Instructor: Steve Moffat**  
Div. III Plattsburgh State

**Instructor: Chris Davidson**  
Div. III St. Michael's College

**Instructor: Aaron Saul**  
Div. III Potsdam State

### Heenan's Hockey Systems:

**"Skill Development Series" - Cicero, NY**  
(Wednesday's April - June)

**"Skill Development Series" -Whitestown, NY**  
(Monday's April - June)

**"The Goaltending Series" - Cicero, NY**  
(July 20th—July 24th)

**"1 Week Camp" - Whitestown, NY**  
(July 13th — July 17th)

**"1 Week Camp" - Cicero, NY**  
(July 20th — July 24th)

**"1 Week Camp" - Brighton, MI**  
(June 22nd — June 26th)

**"The Power Skating Series" - Whitestown, NY**  
(Dates TBA)

**Contact Coach Heenan for more info. @  
(315)792-3726 or gheenan@utica.edu**



# Heenan's Hockey Systems<sup>LLC</sup>

*Presents...*

## The 1 Week Summer Program

@ *Whitestown Arena*

July 13th — July 17th

Ages 8—14 yrs.

Want to play College Hockey?  
...Then learn from College Coaches!

**HHS  
Intense Hockey Training**



Designed to help each player reach their potential, **Heenan's Hockey Systems** include a method of instruction that clearly identifies a player's inefficient habits. Those individual tendencies become the focal point that **HHS** isolates by pushing that player to break his or her "comfort zone". The result: the player re-learns through proper coaching techniques and repetition to develop a stride that's more efficient, more explosive and more powerful, incorporating greater agility with better balance.

**HHS** incorporates all of the following into the daily schedule of our Summer Program:

- **Power Skating:** This program will "break down" inefficient skating habits and, through repetition, make your stride more powerful!
- **Flow Drills:** Continuous flow drills institute proper stick handling and shooting, passing, receiving, 180° & 360° turns, puck protection, game-like situations, breakouts, defensive coverage, etc.
- **Overspeed / Underspeed Training:** The HHS 14-station circuit of "Hockey-Specific" plyometrics, short sprints and bounding will improve a players explosiveness, balance and agility.
- **Shooting/Stick Handling:** Heenan's innovative "Hockey Specific" circuit will significantly improve your shooting and stick handling



All Sessions start promptly at 8:30 am

## Typical Day at HHS:

- 8:00 am—8:30 am:** Arrival
- 8:30 am—10:00 am:** On ice Power Skating
- 10:30 am—11:30 am:** Plyo-Workout
- 11:30 am—12:00 pm:** Lunch
- 12:30 pm—2:00 pm:** On Ice Skills Session
- 2:15 pm—3:00 pm:** Hockey Specific Circuit Training
- 3:00 pm:** Departure

⇒ **Lunch is NOT provided**

⇒ **Road Hockey Stick needed**

## 2009 Available Discounts:

### **Family Discount:**

- 2 Children (same household) \$30 off each application
- 3 Children (same Household) \$60 off each application

### **Group Discount:**

- 5 –9 Players \$15 off each application
- 10 or more Players \$30 off each application

### **Goalie Discount:**

- \$100 total to attend

**ALL DISCOUNTED APPLICATIONS MUST ARRIVE TOGETHER IN ORDER FOR DISCOUNTS TO APPLY**

**ONLY 1 DISCOUNT APPLIES TO EACH APPLICATION**

### **NOTE:**

*This program is aggressively taught. Players are pushed hard to their limits and beyond. This is designed to better the player's ability not to be "just fun". Athletes are expected to work hard and follow instructions. This is not a program for those that are not focused on significantly improving. Coach Heenan will remove those athletes that distract from the system's intensity.*



**The 1 Week Summer Program Registration Form @ Whitestown Arena (July 13th—July 17th)**

Please send application with payment of \$285.00 Please make check payable to: Heenan's Hockey Systems (\$100 due by June 1, balance due at registration)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_

Age \_\_\_\_\_ Level \_\_\_\_\_

Position \_\_\_\_\_ Organization \_\_\_\_\_

**T-Shirt Size (circle one):**

**Adult: S M L XL or Youth: S M L XL**

**Discounts (if applicable please check one)**

Family Discount:  2 children  3 or more children

Group Discount:  5—9 players  10 or more players

Any questions, please contact Coach Heenan @ (315)792-3726