

*full stride*

20 Kimball Ave  
Suite 204  
So. Burlington, VT 05403

Fall 2007

*full stride*

# Instructional HOCKEY LEAGUE

Improve your skills with games & clinics  
provided by a professional coaching staff

[www.fullstride.com](http://www.fullstride.com) • 802-652-9010

## IHL Fall 2007 Registration

Return with payment to:

*full stride*

20 Kimball Ave, Suite 204  
S. Burlington, VT 05403

Phone: 802-652-9010 or  
800-994-6406  
fax: 802-652-0000

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone: (h) \_\_\_\_\_ (w) \_\_\_\_\_

email: \_\_\_\_\_

Jersey Size:      M      L      XL      XXL

Payment Method:    Check     Visa     MasterCard

Amount \$ \_\_\_\_\_

Card # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp: \_\_\_\_\_

Signature: \_\_\_\_\_

Special Teammate Requests & Reason:

## IHL Fall 2007 Schedule

Oct 14	Sun	Cairns 2	4:10 - 5:40 pm
Oct 23	Tue	Leddy	10:10 - 11:10 pm
Oct 30	Tue	Leddy	10:00 - 11:00 pm
Nov 6	Tue	Cairns 2	10:20 - 11:20 pm
Nov 13	Tue	Leddy	10:15 - 11:15 pm
Nov 20	Tue	Cairns 1	10:20 - 11:20 pm
Nov 27	Tue	Leddy	10:15 - 11:15 pm
Dec 4	Tue	Leddy	10:15 - 11:15 pm
Dec 11	Tue	Cairns 2	9:50 - 11:20 pm
Dec 18	Tue	Cairns 2	9:50 - 11:20 pm

## Purpose:

To allow adult hockey players 18 & over to improve their skills through training clinics and controlled scrimmages as well as play co-ed recreational hockey games with coaches and officials.

Two teams, maximum of 15 skaters/team, 1 goalie/team. No Check. Full Slapshot. USA Hockey rules. Coaches explain rules throughout the season. 8 weeks — includes clinics, controlled scrimmages and games.

Register On-Line at  
[www.fullstride.com](http://www.fullstride.com)  
or sign up by phone or  
mail at any time.

## Clinics/Games:

A mix of 60 and 90 minute sessions, consisting of instruction and game time to vary each week, taught by hockey professionals of Full Stride, including Dan McFall.

## Total Ice Time:

12 hours of ice times (mix of games and practice sessions).

## Dates and Times:

October 14 - Dec 18. Sessions at Cairns and Leddy park Arena.  
See schedule for dates and times.

## Fees:

\$215 per player, \$35 per goalie.

## Registration Due:

Oct 10, 2007, or when filled.

## Questions:

Call Dan McFall, Head Instructor, at 652-9010.  
Or visit us at [www.fullstride.com](http://www.fullstride.com).

Hockey is a dangerous sport. Participation can result in injury or death. All players agree to hold harmless Full Stride, its employees, subcontractors, and agents for any incident, accident, or occurrence arising from participation in this program.

**PLAY BETTER!  
PLAY FOREVER!**