

*full stride*

20 Kimball Ave  
Suite 204  
So. Burlington, VT 05403



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# Women's Instructional HOCKEY LEAGUE

FALL 2007

# WOMEN'S 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: \_\_\_\_\_

Payment Method:  Check  Visa  MasterCard

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

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

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

(parent/guardian if under 18)

Hockey Experience:

Special Teammate Requests & Reason:

## WOMEN'S IHL FALL 2007 SCHEDULE

Oct 21	Sunday	Cairns 2	4:10 - 5:40 pm
Oct 28	Sunday	Cairns 2	4:10 - 5:40 pm
Nov 4	Sunday	Cairns 2	4:10 - 5:40 pm
Nov 11	Sunday	Cairns 2	4:10 - 5:40 pm
Nov 18	Sunday	Cairns 2	4:10 - 5:40 pm
Dec 2	Sunday	Cairns 2	4:10 - 5:40 pm
Dec 9	Sunday	Cairns 2	4:10 - 5:40 pm
Dec 16	Sunday	Cairns 2	4:10 - 5:40 pm

## PURPOSE:

To allow women hockey players 14 & over to improve their skills through training clinics and controlled scrimmages as well as play recreational hockey games with coaches and officials. Ideal for adult women with some playing experience, but with limited coaching. Two teams, maximum of 15 skaters/team, 1 goalie/team. No Check. Full Slapshot. USA Hockey rules. Coaches will explain rules throughout the season.

8 sessions, 90 minutes each — includes clinics, controlled scrimmages, and games.

## CLINICS/PRACTICES/GAMES:

90 minutes, taught by hockey professionals of Full Stride, including Dan McFall. Positional & situational play are emphasized, as well as individual skills development.

## TOTAL ICE TIME:

Eight 90 minute sessions (mix of games and practice sessions) for a total of 12 hours on the ice.

## DATES AND TIMES:

Oct 21 thru Dec 16, 2007. All sessions at Cairns Arena, rink 2, on Sunday afternoons.

## FEES:

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

## REGISTRATION DUE:

Oct 17, 2007, or when filled.

## QUESTIONS:

Dan McFall, Head Instructor, at 652-9010 or 800-994-6406, fax 802-652-0000.

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

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.