

*Get yourself ready  
for tryouts!*

# Fall 2007 WARM-UP SERIES

Cairns Arena & Leddy Park Arena  
September 12-23

- The Edge Powerskating
- 3v3/Small Games
- Skills Session

In association with:



*full stride*

802-652-9010 • 800-994-6406 • [WWW.FULLSTRIDE.COM](http://WWW.FULLSTRIDE.COM)

*full stride*  
20 Kimball Ave, Suite 204  
S. Burlington, VT 05403

# Warm-Up Series

## 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: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Player age: \_\_\_\_\_ Position: \_\_\_\_\_

Most Recent Team: \_\_\_\_\_

In which program(s) do you wish to enroll?

**The Edge:**     Mites & Squirts     Pee Wees & Bantams

**3v3/Small Games:**     Pee Wees     Bantams

**Skills Session:**     Mites & Squirts     Pee Wees

Fees:    \$75/session

Payment Method:     Check     Visa     MasterCard

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

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

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

### CAIRNS ARENA:

#### • The Edge Powerskating    Sept 16, 22 & 23

	<u>Sept 16</u>	<u>Sept 22</u>	<u>Sept 23</u>
Mite/Squirt	3:30 pm	8:20 am	7:50 am
Pee Wee/Bantam	4:40 pm	9:30 am	9:00 am

Three days of intense on-ice power skating instruction will get your hockey player ready for the try-out season. Dan McFall and Brent Hill will provide training to improve edge control, acceleration, quickness, and mobility, which are fundamental skills necessary for every hockey player at every level of the game. **Limit:** 30 skaters.

### LEDDY PARK ARENA: (patch ice)

#### • 3x3/Small Games    Sept 12, 13 & 14

Pee Wee	5:25-6:25 pm
Bantam	6:30-7:30 pm

Game Speed Decision Making – great players apply good skills well under pressure. We use small games to bring your skater's quick speed decision-making skills back to in-season form before the first practice. **Limit:** 18 skaters.

#### • Skills Session    Sept 19, 20 & 21

Mite/Squirt	5:25-6:25 pm
Pee Wee	6:30-7:30 pm

The development of skills to control and protect the puck, with a review of proper passing and shooting to help your player shine through tryouts. **Limit:** 18 skaters.

### FEES:

Each program is \$75.00

Hockey is a dangerous sport. Participation can result in injury or death. All players and their parents/guardians agree to hold harmless Full Stride, its employees, subcontractors and agents for any incident, accident, or occurrence arising from participation in this program. Guardian agrees to allow Full Stride to seek medical assistance for their child in the event of an emergency.