

Overview

Please join us for our annual Summer Hockey Camp for players ages 6 – 12. Skating, stick handling and off-ice fitness training will be offered. This fun filled camp runs July 12-16, and again August 2-6 from 9:00am – 12:00pm.

Skating

Skaters will be assigned to groups according to skill level for instruction time. This camp is intended for the preliminary (learning forward crossovers or passed Mitey Mites 2 or Hockey 3) through intermediate level hockey skaters. Elements of power skating will also be taught. Rental hockey skates will be provided daily, if needed.

Stick Handling

Basic elements of stick handling will be taught including passing and shooting, as well as various stick handling drills to help improve puck control.

Fitness

An off-ice fitness program will be conducted daily involving different indoor/outdoor activities and conditioning structured specifically for hockey skaters.

Scrimmage

The camp will conclude with a scrimmage and pizza party for all skaters on Friday. Plan to come and cheer your special player on!

Daily Schedule

Tentative Daily Schedule

8:45 – 9:15	Check in campers outside designated locker room
9:15 – 9:45	Off-ice warm-up
9:45 – 10:00	Get dressed
10:00 – 10:45	Puck Handling & Skating Skills Classes
10:45 – 11:00	BREAK (bring a snack/water bottle)
11:00 – 11:45	Puck Handling & Skating Skills Classes
11:45 – 12:00	Ending games/scrimmage
12:00 – 12:15	Pick up campers and check-out outside designated locker rooms

July

ParkPASS Course #97749

August

ParkPASS Course #98249

Questions? Please contact the Skating Director at elizabeth.priest@montgomeryparks.org

Registration Form

Skater's Name: _____

Parent/Guardian: _____

Address: _____

City: _____ State: ____ Zip _____

Phone: (Home) _____

(Other) _____

Email: _____

Skater's Birthdate: _____

Current Skating Level: _____

Coach's Name: _____

Jersey Size: (youth or adult) _____

Parent/Guardian

Signature _____

Please return this registration form along with the day camp participant profile and medication form (if needed) to:

Cabin John Ice Rink – Skating Dir.
Attn: 2010 Summer Hockey Camp
10610 Westlake Drive
Rockville MD 20852

Payment Method (please check one)

Cash (accepted in person only)

Check \$ _____ # _____

(checks payable to: M-NCPPC)

Credit card: MasterCard or Visa is

accepted in person, online at

ParkPASS.org, or via the ParkPASS

phone reservation system at 301-962-

1477 (you must have a ParkPASS

account).

Do not write credit card number on this form

OFFICE USE ONLY

STAMP DATE PAID: _____

Refund Policy

- If we cancel a session for any reason, you may elect to receive a full credit on your Parkpass account, or at your request, a full refund.
- In order to receive a full credit to your ParkPass account, a *written withdrawal* request must be received by the facility at least 4 weeks prior to the start of the program.
- If you choose to have your money refunded to you, there will be an administrative fee charge of 20%.
- If your written request is received within the 4-week period before the start of the program, NO credit or refund will be issued.

The participant assumes all risks associated with participation in the program. M-NCPPC assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, M-NCPPC encourages participants to consult their physicians concerning fitness to participate in the program. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after the scheduled program.

Equipment Needed

- Sneakers & work-out attire for off-ice conditioning
- Mouth Guard
- Caged Hockey Helmet
- Shin Guards
- Elbow Pads
- Shoulder Pads
- Hockey Pants
- Hockey Socks
- Hockey Skates (rentals available)
- Hockey Stick (cut to skater's height and wrapped with tape)
- Hockey Gloves
- Cup (pelvic protector for girls)
- Water Bottle



Cabin John Ice Rink 2010 Summer Hockey Camp

July 12-16 #97749

August 2-6 #98249

9:00am – 12:00noon

Ages 6 - 12

Cost \$250 per Camp



Cabin John Ice Rink
10610 Westlake Drive
Rockville, MD 20852
(301) 765-8620 - Phone
(301) 469-6196 - Fax