

# OWATONNA GIRLS SUMMER HOCKEY CAMP REGISTRATION FORM

SESSION REGISTERING FOR (CIRCLE): HS/U14 (\$425) U12/U10/Rookies (\$295)  
NAME: \_\_\_\_\_ BIRTHDAY: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ PHONE: \_\_\_\_\_ T-SHIRT SIZE (CIRCLE): YS YM YL S M L XL

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ SHORTS SIZE (CIRCLE): YS YM YL S M L XL

SPECIAL MEDICAL CONDITIONS: \_\_\_\_\_

INSURANCE COMPANY: \_\_\_\_\_ POLICY NO.: \_\_\_\_\_

TYPE OF PAYMENT (if paying by check, please include check number): \_\_\_\_\_

Complete registration and waiver (on the back) with the registration fee made out to:  
Tim Hunst  
2442 Timberwood Lane NE, Owatonna, MN 55060

Registration due by April 1. All registrations after April 1, please add \$25.00

## Owatonna Girls Summer Hockey Camp

June 16-July 27 (excluding June 30-July 4)  
Dryland Starts June 16, Ice Starts June 23  
at the Four Seasons Centre in Owatonna, MN  
All girls are welcome.

### Cost

Rookies/U10/U12: \$295  
U14/HS: \$425

### Rookies/U10/U12 Schedule

On Ice M & F 9:45-10:45am, W 1:45-2:45pm  
Dryland M & F 11am-Noon, W 12:30-1:30pm  
3 on 3 Sundays Included

### U14/HS Schedule

On Ice M, W, F 7:00-8:15am  
Dryland M, W, F 8:30-9:30am  
Tournament Fees Included

### Send Payment by April 1 to:

Tim Hunst  
2442 Timberwood Lane NE  
Owatonna, MN 55060



“How you run the race - your planning, preparation, practice, and performance - counts for everything. Winning or losing is a by-product, an aftereffect, of that effort.”

- John Wooden



**Summer is the best time to improve your individual skills**

The philosophy of the OHS Girls Hockey program stresses the importance of maintaining and nurturing well-rounded individuals. Our intention is to put these girls in the best situation to succeed- in both hockey and life. In order for that to happen, we need to help them improve.

The time for individual improvement is in the offseason. Once the season comes around, we need to work more on team, less on individuals. Summer is skill development time. Therefore, most of our time will be spent on the skills of skating, passing, and shooting, with small area games included to tie skills to the game itself.

This year, we will be utilizing the new dryland training center at the Four Seasons Centre. We will incorporate a strength component in addition to skill training.

There will always be a qualified coach on ice and in the dryland facility. These will include (but are not limited to): Tim Hunst- OHS Varsity Girls Hockey Head Coach as well as current and former members of the OHS girls hockey team.

**The goal of this program:**

*The coaches of girls hockey at Owatonna High School recognize the potential gains in athletic performance, self-confidence, and team unity that can be created*

*through hard work and dedication. By making the commitment to improve in the off-season,*



*the participants will see incredible gains.*

*Through hard work and training by knowledgeable coaches, this summer will prepare our athletes for an even higher level of play.*



**RELEASE AND INDEMNITY:**

In consideration of the acceptance of our child \_\_\_\_\_ as a student in the Owatonna Girls Summer Hockey Camp, we the undersigned parents, release, remise, and discharge OYHA, OHS, the Owatonna Girls Summer Hockey Camp, it's staff, and organizers from all claims, actions, causes of action, damages and demands by the undersigned parents for loss or injury resulting directly or indirectly from the participation of our child in this program.

The undersigned parents covenant and agree to indemnify and save harmless OYHA, OHS, the Owatonna Girls Summer Hockey Camp, it's staff, and organizers from all claims, actions, causes of action, damages and demands which may be brought up by or on behalf of our child against OYHA, OHS, the Owatonna Girls Summer Hockey Camp, it's staff, and organizers arising out of her participation in the camp, including all costs, damages and expenses incurred in defending any such claims or actions and against any loss arising therefrom.

We acknowledge that the student cannot be accepted into this program but for our executing this release and indemnity.

We have read the release and understand that it is a full final release of all claims for injuries and damages sustained in the Owatonna Girls Summer Hockey Camp and have read over the agreement to indemnity, and understand the responsibilities we have assumed thereunder.

**SIGNATURE OF PARENT:**

\_\_\_\_\_

**DATE:** \_\_\_\_\_

**REFUND POLICY:**

No refunds of after May 1, 2014