

**REGISTRATION FORM**

PLAYER \_\_\_\_\_

GROUP \_\_\_\_\_ POSITION \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_

INSURANCE CO \_\_\_\_\_

PARENTS \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

JERSEYS SIZE (please circle)

YOUTH SIZE: YS – YM – YL

ADULT SIZE: AS – AM – AL – AXL

**RELEASE OF LIABILITY  
ACKNOWLEDGEMENT OF RISK**

I hereby acknowledge that my child is medically fit to participate in the Hustle & Heart Hockey Camp. I authorize the director and staff to secure any medical treatment deemed necessary. In addition, I waive and release Hustle & Heart Hockey Camp from any and all liability for any injuries sustained.

\_\_\_\_\_  
(parent or guardian)

Registration Deadline  
June 21, 2019

Please complete the registration form and drop off or mail to:

Hustle & Heart Hockey Camp  
122 Park Ave  
International Falls, MN 56649

Erin Hall

Cell: 218-340-7128

Email: [erin.hall@rainyriver.edu](mailto:erin.hall@rainyriver.edu)

Please make checks payable to:  
Erin Hall

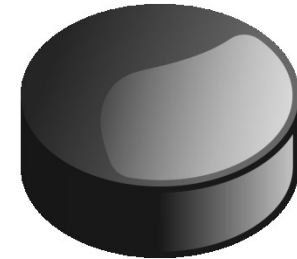
\*\* Upon arriving at the camp, please check in at the registration table in the lobby of the arena to get your CAMP JERSEY.

2019  
HUSTLE & HEART  
HOCKEY CAMP

JULY 22 – 26, 2019

INTERNATIONAL FALLS, MN

BRONCO ARENA



This camp will be led by Rainy River Community College head women’s hockey coach Erin Hall. Assisted by alumni and present Bronco Varsity & RRCC women’s hockey players.

# HUSTLE & HEART HOCKEY CAMP

## **MISSION STATEMENT:**

To create a positive, learning environment for current and new female hockey players: to improve knowledge of the game and sport-specific skills, on and off the ice.

This is a great, local opportunity for interested female athletes to lace up their skates and give hockey a try. We want to continue to build our girl's Bronco Hockey program top to bottom, but especially at the lower ages/levels.

AGE GROUP I: 9 & UNDER

COST: \$60.00

8:00-8:50a On Ice Instruction & Cross Ice Scrimmages

8:50-9:15a Dress for Off Ice

9:15-10:00a Off Ice Training

10:00 Parent Pick-up

AGE GROUP II: 14 & UNDER

COST: \$85.00

7:40-8:05a Locker room Talk

8:05-8:30a Off Ice Training

8:30-9:00a Dress for On Ice

9:00-9:45a On Ice Instruction

9:45-10:00a Zamboni

10:00-10:45a Scrimmage

11:00 Parent Pick-up

\*\* If your athlete is of a certain age, but you feel should be in an opposite group, please discuss with Coach Erin Hall to make appropriate changes.

Locker room Talk: Briefly touch on mental, physical, and nutritional pre-game preparation, along with some team building fun.

Off Ice Training: Explore off ice warm-up stretches/routines, in addition to age appropriate body weight exercises that will help build a solid, physical base for more strenuous workouts and competition, as athletes mature. Need: hair ties, shoes that tie, workout attire

On Ice Instruction: Skating, passing, shooting and team play drills. We want to create a competitive, yet learning environment that a variety of ages and skill levels can benefit from and will enjoy.

Scrimmages: Divided into two teams, coaches will referee as the athletes compete.