



Jersey Colts Ice Hockey Club 2019 Conditioning Clinics



The Jersey Colts Ice Hockey Club is offering Conditioning Clinics to prepare players for upcoming tryouts for the 2019-2020 season. The clinics will feature one-hour sessions that are designed improve overall conditioning and skill development. Conditioning clinics are sponsored by Lawnsapes Design and Construction .

A Goalie Coach will be on the ice to provide goalie instruction.

Conditioning Clinics are FREE

Clinics will be held at **Twin Oaks Ice Rink, 65 Columbia Road, Morristown, NJ.**

Bantam (2005 - 2006 birth year)

<u>Date</u>	<u>Day</u>	<u>Time</u>
March 28	Thursday	6:00 PM
April 2	Tuesday	5:45 PM
April 4	Thursday	5:45 PM
April 8	Monday	5:45 PM
April 9	Tuesday	5:45 PM

**Midget U16 (2003 2004 birth year)
Midget U18 (2001 - 2002 birth year)**

<u>Date</u>	<u>Day</u>	<u>Time</u>
March 28	Thursday	7:15 PM
April 2	Tuesday	7:00 PM
April 4	Thursday	7:00 PM
April 8	Monday	7:00 PM
April 9	Tuesday	7:00 PM

Register for clinics online: <http://www.coltsicehockey.com/>
Walk-ons, please complete this form below.

Player's Name _____

DOB _____ Current Team/Level _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

Email _____

Because we reserve and hold a place in this clinic for each participant, there are NO REFUNDS or make up's for this program. There is a \$25 charge for any returned check. Having full knowledge and understanding of the nature of the activity and the hazards involved, I hereby certify that I have personal Medical Insurance coverage for any "bodily injury" that may occur and assume full responsibility for all losses and injuries sustained while involved in this activity as it relates to the Jersey Colts Ice Hockey Club. I also hold harmless its administrators, directors, agents, coaches, Board of Directors, and any of its associates from any claim related thereto.

Parent/Guardian _____ Date _____