

Hockey University Summer Enrollment Form

All Programs run **Sunday June 5 - Thursday Aug 11**. Participants may miss up to 2 weeks.
HOCKEY MASTERS \$50 OR \$75/FAMILY ANNUAL MEMBERSHIP REQUIRED.
SAVE TIME! REGISTER ON-LINE AT AAHOCKEYUNIVERSITY.COM

Name _____ Age _____ DOB _____

Address _____

City/State/Zip _____

Parent's Names _____

E-mail _____ Referred By _____

Phone (H) _____ (C) _____ (W) _____

Emergency Contact _____ Phone _____

I Am Registering For:

- Mite Level Ages 7-8 ('03-'04)**
Cost: \$800 (\$400 due with registration)
- Squirt Level Ages 9-10 ('01-'02)**
Cost: \$900 (\$400 due with registration)
- PeeWee Level Ages 11-12 ('99-'00)**
Cost: \$1200 (\$400 due with registration)
- Bantam Level Ages 13-14 ('97-'98)**
Cost: \$1300 (\$500 due with registration)
- Midget/High School Level Ages 15-18 ('93-'96)**
Cost: \$1500 (\$500 due with registration)

AAA Elite Programs

- | | |
|--|-------------|
| Team _____ | Coach _____ |
| <input type="checkbox"/> Squirt Level Ages 9-10 ('01-'02)
Cost: \$1200 (\$400 due with registration) | |
| <input type="checkbox"/> PeeWee Level Ages 11-12 ('99-'00)
Cost: \$1300 (\$500 due with registration) | |
| <input type="checkbox"/> Bantam Level Ages 13-14 ('97-'98)
Cost: \$1500 (\$500 due with registration) | |
| <input type="checkbox"/> Elite Level Ages 15-18 ('93-'96)
Select Package \$ _____ (\$500 due)
Weeks attending _____ | |

Media Waiver: Players who participate in the Hockey University may occasionally be photographed, filmed, or videotaped for coaching education, publicity, or public relations usage. If you do NOT want your child's likeness or image utilized for these purposes, please check the "NO" box. Please check the "YES" box if Hockey University has your permission to use such images for these purposes.

YES, I give permission for video or photographs of my child to be used by Hockey University.

NO, I do not want photographs or video of my child to be used by Hockey University.

Parent/Guardian Name (Print)

Parent/Guardian Signature

Player Name (Print)

Date

Initial payment is non-refundable. Make checks payable to Hockey University.
REGISTRATION DEADLINE: May 1, 2011. *Late registrations accepted space permitting.*

Last but not least, the Hockey U programs are rigorous. Only serious players with the desire and determination to achieve their goals should participate. Program instructors have the right to dismiss any player at any time for any reason. Hockey University is confident that participation will "take your game to the next level", and players who are late, lackadaisical, or disruptive will not be allowed to interfere with those players willing to work.

Mail this completed and signed form with your payment to: Hockey University, P.O. Box 2823, Ann Arbor, Michigan 48106

Liability Waiver: I agree to release Hockey University, Carrie Keil, Darryl Nelson, Larry Veasman, the Ann Arbor Ice Cube, and all other professional instructors from all claims, actions, causes of actions and damages by the undersigned person for the loss or injury resulting directly or indirectly from the participation of such person in this program. I further agree to indemnify and save harmless such parties from all claims, actions, damages, or demands, including all costs and expenses incurred in defending any such claims or actions. I fully recognize that participation in the sport of ice hockey or strength and conditioning can be hazardous, even dangerous, and can result in minor or serious injury, even death. I have fully read this waiver and I acknowledge a complete understanding of the contents of this waiver.

Signed _____ Date _____

Hockey University New and Improved!!!!

After 7 years of running the same summer Hockey University curriculum, program founder and director Carrie Keil has decided to make some minor (but important) changes to continue to provide participants with the best of the best when it comes to off-season training. Basically, all age groups and levels will have the same curriculum; progression style we will start with stride mechanics the first 2 weeks, balance and agility the second 2 weeks, and so on, with the last 4 weeks being devoted to explosive speed and power. In this way, all ages and levels will get to experience all areas of skating skill development, and this will allow the instructional staff an opportunity to pinpoint a player's strengths and weaknesses in greater detail. We are then in a better position as coaches to make sure that any weaknesses get extra attention.

May no skill go unturned!



Want \$100 off? \$200 off? \$500 off? How about participating for **FREE**?

That's right! For every **new** player you refer, you get \$100 off your enrollment fee!
 Refer 5 friends, that's \$500 off for you! Refer 10 friends, that's \$1000 off!
NO KIDDING!!!

Simply have your friends write in your name on the
 "Referred By" line on the registration form.

Your account will be credited accordingly!

(Only players who have NEVER participated in Hockey U can be considered "new".)

Experience the Hockey University training system.
This method of training provides every player with the knowledge and physical skills to succeed at any level.

**WANT RESULTS?
GET RESULTS!**

Hockey University

P.O. Box 2823

Ann Arbor, Michigan 48106

1-734-323-3193

www.aahockeyuniversity.com



**Gain an
Education
In
Elite Athletic
Training**



SUMMER 2011

On-ice/Off-ice Hockey Skill Development Program

- **All Inclusive On-ice/Off-ice Program**
- **Professional, Full-time Staff**

1-734-323-3193

www.aahockeyuniversity.com

Instructors



Carrie Keil

- Master's degree in Exercise Physiology
- 14 years CEO Keil Power Skating
- 1986-1992 University of Michigan Head Skating Trainer
- 1999-Current USA Hockey NTDP Head Skating Trainer
- 30 years private instructor



Nick Vetter

- 6 years teaching/coaching
- USA NTDP Summer Camp Powerskating Instructor
- Chelsea Hockey Association Learn to Play Director
- PeeWee A Travel Hockey Coach



Blake Jobkar

- 10 year KPS student
- MSU Junior
- 5 years coaching experience
- USA NTDP Satellite Camp Instructor



Dale Rominski

- 1996, 1998 UM NCAA Champion
- 1999-2001 Tampa Bay Lightning
- 13 years teaching experience



Darryl Nelson

- MEd in Physical Education
- Nat'l Athletic Trainers Assoc. A.T., C.
- 2000-Current USA Hockey NTDP Strength & Conditioning Coach



Larry Veasman

- Education in exercise science
- 11 years experience
- Strength Program Design/Personal Trainer

Personalized Off-Season Elite Training

For Junior, Collegiate, and NHL Players

Hockey University has everything you need to improve during the off-season! As a more experienced older player, you know what your needs are. At Hockey University we understand that. That's why we offer our professional workouts separately, so you can pick and choose what best meets your needs. Not sure what would help you the most? Not sure how often to work out? Meet with Carrie and design a summer training program that's right for you!

On Ice Private/Semi-private Instruction *June 15-August 10*
Wednesdays 1:00-2:50 pm (8 weeks, no ice July 27)

Ice fees: \$30 per Wednesday, or all 8 weeks for \$200 *Make checks payable to A2Ice3*
Instructor Fees: Billed separately

Skating Treadmill *June 1-Sept 2*

Monday 9:30 am, 11:30, 12:30 pm, 5:30 pm, 6:30 pm
Tuesday 9:30 am, 11:30 pm, 5:30 pm, 6:30 pm
Wednesday 9:30 am, 10:30 am, 11:30 am, 12:30 pm, 1:30 pm, 2:30 pm, 3:30 pm
Thursday 9:30 am, 11:30, 12:30 pm, 5:30 pm, 6:30 pm
Friday 9:30 am, 10:30 am, 11:30 am, 12:30 pm, 1:30 pm
Or By Appointment call Carrie at 734-323-3193

Fees: \$35 per session sign-up/\$40 drop-in *Make checks payable to Hockey University*

Functional Strength Weight Training *June 20-Aug 11*

Monday/Tuesday/Thursday 8:00am, 11:00 am (7 weeks, no sessions July 4)
Or By Appointment call Darryl at 517-795-7206

Fees: \$35 per workout *Make checks payable to Darryl Nelson*

Off-Ice Core Training and Speed Work *June 21-Aug 12*

Monday 9:00 am, 12:00 noon
Tuesday/Thursday 12:00 noon
Or By Appointment call Larry 734-368-4100

Fees: \$35 per workout *Make checks payable to Larry Veasman*

Package Deals (prices do not include on-ice private instruction)

- 1 day on-ice/2 days treadmill/2 days lifting OR core/speed work \$150/week
- 1 day on-ice/2 days treadmill/3 days lifting OR core/speed work \$185/week
- 1 day on-ice/3 days treadmill/3 days lifting OR core/speed work \$200/week
- 2 day on-ice/2 days treadmill/2 days lifting OR core/speed work \$185/week
- 2 day on-ice/2 days treadmill/3 days lifting OR core/speed work \$200/week
- 2 day on-ice/3 days treadmill/3 days lifting OR core/speed work \$250/week



Birth Years: 2003-2004

Hockey U Mite Level

Dates: June 6-Aug 11
 (players may miss up to 2 weeks)

Focus: Enhancement of skating, stickhandling, and overall functional athleticism.

On-Ice: Station-to-station format

Off-Ice: Unweighted strength/agility exercises

Days/Times: Tues/Thurs 8:00-10:00 AM
 First 2 weeks PM

Cost: \$800

Birth Years: 2001-2002

Hockey U Squirt Level

Dates: June 6-Aug 11
 (players may miss up to 2 weeks)

Focus: Enhancement of skating, stickhandling, and overall functional athleticism.

On-Ice: Station-to-station format

Off-Ice: Unweighted strength/agility AND Dry-land hockey skills

Days/Times: Tues/Thurs 8:00-11:00 AM
 First 2 weeks PM

Cost: \$900

Birth Years: 1999-2000

Hockey U PeeWee Level

Dates: June 6-Aug 11
 (players may miss up to 2 weeks)

Focus: Strong skating skills, agility, Explosive speed, puck skills

On-Ice: Heavy repetition full ice and Station to station formats

Off-Ice: Unweighted strength/agility AND Dry-land hockey skills

Days/Times: Mon/Tues/Thurs 9:00-12:00 PM
 First 2 weeks PM

Cost: \$1200

Birth Years: 1997-1998

Hockey U Bantam Level

Dates: June 6-Aug 11
 (players may miss up to 2 weeks)

Focus: Strong skating skills, agility, Explosive speed, puck skills

On-Ice: Heavy repetition full ice and Station to station formats

Off-Ice: Weight lifting; core/speed work, AND Dry-land hockey skills

Days/Times: Mon/Tues/Thurs 10:00-1:00 PM
 First 2 weeks PM

Cost: \$1300

Birth Years: 1993-1996

Hockey U Midget/High School Level

Dates: June 6-Aug 11
 (players may miss up to 2 weeks)

Focus: Strong skating skills, agility, Explosive speed, puck skills

On-Ice: Heavy repetition full ice and Station to station formats

Off-Ice: Weight lifting; core/speed work, AND Dry-land hockey skills

Days/Times: Mon/Tues/Thurs 10:00-1:00 PM
 First 2 weeks PM

Cost: \$1500

Birth Years: 2001-2002

AAA Program - Hockey U Squirt

Dates: June 6-Aug 11
 (players may miss up to 2 weeks)

Focus: Enhancement of skating, stickhandling, and overall functional athleticism.

On-Ice: Station-to-station format

Off-Ice: Unweighted strength/agility AND Dry-land hockey skills

Days/Times: Mon/Tues/Thurs 8:00-11:00 AM
 First 2 weeks PM

Cost: \$1200

Birth Years: 1999-2000

AAA Program - Hockey U PeeWee

Dates: June 6-Aug 11
 (players may miss up to 2 weeks)

Focus: Strong skating skills, agility, Explosive speed, puck skills

On-Ice: Heavy repetition full ice and Station to station formats

Off-Ice: Unweighted strength/agility AND Dry-land hockey skills

Days/Times: Mon/Tues/Thurs 9:00-12:00 PM
 First 2 weeks PM

Cost: \$1300

Birth Years: 1997-1998

AAA Program - Hockey U Bantam

Dates: June 6-Aug 11
 (players may miss up to 2 weeks)

Focus: Strong skating skills, agility, Explosive speed, puck skills

On-Ice: Heavy repetition full ice and Station to station formats

Off-Ice: Weight lifting; core/speed work, AND Dry-land hockey skills

Days/Times: Mon/Tues/Thurs 10:00-1:00 PM
 First 2 weeks PM

Cost: \$1500