

## Join Us This Summer for Exciting Minor Hockey Action!

### Summer Ice Hockey League (July 3 - August 22)

Our very popular summer ice hockey league is back again this year. Players participate at the age group they are going into for the 2010/11 hockey season. Each player is given their own jersey which they get to keep as a souvenir of the program. We also provide staff members to supervise the benches and change up the players & every effort is made to give fair ice time. Novice is open to children who will be between ages 6 and 8 on December 31/10. The other age groups follow the Hockey Canada ages for 10/11. Body checking is permitted in the Peewee (born in 98 or 99) and older groups. Our season is nine games long, spread over eight weekends. Generally, Peewee, Novice, Bantam and Midget play on Saturdays; Atom and under 19 play on Sundays, though there are some variations. We work with the Don Koharski Officiating school on the July 31 - August 2 weekend. Don's students will officiate some games and our schedule is modified to provide time for the officials' practices. There will be some games on Natal Day Monday, August 2.

The under 19 league is open to individual players or teams. It is oriented to players who plan to play High School, Junior, Major Midget or Midget AAA for 10/11. Teams can register in this level only for a team price of \$1,700 for up to 20 players (we prefer these teams to be students or alumni for the same High School and they must provide their own coach.)

### Intense Hockey Week (Aug. 23 - 27: 7:30a.m. - 4:30p.m.)

**BACK BY POPULAR DEMAND:** For the sixth year the Dartmouth Sportsplex is offering Intense Hockey Week. Each year we strive to improve our program. This year we will continue with the power skating and conditioning skating sessions. Every day the players have a combined 1.5 hour session which is focused 50% technical power skating and 50% conditioning skating (interval training) plus a 1-hour session of puck skills and individual tactics. At the Peewee and Bantam levels this will include body checking techniques. Each day the players will participate in an off-ice program of stretching and intense training. Swimming is also offered to all participants each day. By using the facilities and staff of the Dartmouth Sportsplex and the Summer Hockey League we are able to offer a high level, intense week, for a reasonable price. Goalies receive specific skating training, an off-ice program and personal style development (for the same price as a regular player!). Student to staff ratio is 5:1 or better and goalies receive 3:1 on ice instruction.

The program is intense, high tempo and hard work. Players who choose not to apply themselves or put in the required effort will be asked to leave the program. Please note there are no refunds for this program. Supervision is provided from 7:30a.m. - 4:30p.m.



## Summer Hockey '10 Registration Form

Please complete this form and bring or mail with your payment to:  
**Dartmouth Sportsplex, 110 Wyse Rd, Dartmouth, N.S. B3A 1M2**  
**FAX: 464-2902**

Use 1 form per child. All confirmed transactions are **NON REFUNDABLE**, except for cancellations due to a lack of registration. Program credit can only be granted for medical reasons and upon receipt of a Doctor's note. Cheques are to be made payable to the Dartmouth Sportsplex. All NSF cheques will be issued a \$15 surcharge. If registering by **FAX**, payment can only be made by a **credit card**. **Full payment** must accompany your form, if it is **not included, then it will not be processed until payment is received**. To get the Member's rate, the **participant** must be a current member. **The participant's Member ID** number must be filled out for a validation check to ensure prompt processing.

**Check One:**  Non-Member **OR**  Member & Member No.: \_\_\_\_\_

**Check One:**  Ice Hockey OR  Intense Hockey OR  Both PLUS  Checking Camp

Participant's Name \_\_\_\_\_ **POSITION:** \_\_\_\_\_

Mailing Address \_\_\_\_\_ Town/City \_\_\_\_\_

Phone \_\_\_\_\_ Postal Code \_\_\_\_\_ Date of Birth \_\_\_\_ (Y) \_\_\_\_ (M) \_\_\_\_ (D)

**Division** (please circle)  
 2009/10    Novice    Atom    Peewee    Bantam    Midget    High School

**Level** (please circle)  
 2009/10    AAA    AA    A    B    House  
 2008/09    AAA    AA    A    B    House

Costs: Ice Hockey - Mem: \$120 Non Mem: \$130 Intense Hockey - Mem: \$295 Non Mem: \$315  
 Both - Mem: \$355 Non Mem: \$385 Checking - \$30

**Total Cost** \_\_\_\_\_ (participant must be a Sportsplex member to receive member rates)

**Method of Payment** (please circle)  
 Cash    Cheque    Visa    Master Card    American Express

**Card Number** \_\_\_\_\_ **Expiry Date** \_\_\_\_ (Y) \_\_\_\_ (M)

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Registration for  
Sportsplex Summer Hockey**

**begins Monday, March 15, 2010**

"Fair Play" principles will be applied - including "Fair Ice Time"

**Age Breakdown for Year 2010 - 2011**

**Novice -** Players born in 2002, 2003, 2004.  
**Atom -** Players born in 2000, 2001.  
**Peewee -** Players born in 1998, 1999.  
**Bantam -** Players born in 1996, 1997.  
**Midget -** Players born in 1993, 1994, 1995.  
**Under 19 -** Players born in 1991, 1992, 1993.

**A Checking Camp will take place prior to the start up of our Ice Hockey League at a cost of \$30.00 per participant.**

**Checking Camp**

For safety reasons all Summer Hockey Program participants, playing peewee or higher, must have taken a checking camp program. Also please note that not all checking camp programs are transferrable between leagues.

Participants Name: \_\_\_\_\_ Phone No.: \_\_\_\_\_

Mailing Address \_\_\_\_\_ Town/City \_\_\_\_\_

Postal Code \_\_\_\_\_ Date of Birth \_\_\_\_ (Y) \_\_\_\_ (M) \_\_\_\_ (D)

Payment amount: \_\_\_\_ Cash  Cheque  Visa  Mastercard  American Express

Card Number \_\_\_\_\_ Expiry Date \_\_\_\_ (Y) \_\_\_\_ (M)

Signature \_\_\_\_\_ Date \_\_\_\_\_

**All games will take place at the Dartmouth Sportsplex.  
For further information, please call, Chris Hartt at 464-2600 Ext. 581  
or Rod Dickson at 464 2600 ext. 328**



**Summer Hockey '10**

**Ice Hockey**

**July 3 - August 22  
\$130 (incl. Jersey)**



**Intense Hockey Week**

**August 23 - 27: \$315**

**Or play Summer Ice and Intense Hockey for \$385**

**Registration for  
Sportsplex Summer Hockey  
begins Monday, March 15, 2010**

**Register at the Dartmouth Sportsplex Control Desk,  
or mail in the form included in this pamphlet.**

**For further information, please call:**

**Chris Hartt at 464-2600 Ext. 581 or Rod Dickson at Ext. 328**

**Register Early ---Space is Limited!!! Don't Miss Out!!**