

*Summer Goalie Camp
Registration Form*



Athlete's Name: _____

Age: _____ M/F _____ D.O.B: _____

Street Address: _____

City _____ State _____ Zip _____

Mother's Name _____

Home# _____ Work # _____

Father's Name _____

Home # _____ Work # _____

Years of Goaltender Experience _____

Email address: _____



Goalie Camps Summer 2010

**Port Washington Skating
Center**

Port Washington, NY

Iceland

New Hyde Park, NY

The Ice Hutch

Mt. Vernon, NY

Aviator Sports & Recreation
Brooklyn, NY

Visit our web page often for
updated locations

**Please include a doctors release
form with registration.**

Goaltender Camp

Early Registration - \$360.00

By May 15th

Goaltender Camp -

Late Registration - \$395.00

Phone (516) 620-4200

PO Box 774

Mineola, NY 11501

dean@forwardstrides.com

ron@forwardstrides.com

www.forwardstrides.com

WWW.FORWARDSTRIDES.CO

M

WELCOME!

Thank you for considering Forward Strides Goalie Training!
This Summer Goalie Camp promotes the **Back to Basics** program developed by Dean Giamundo and Ron Petronella, the Directors of Forward Strides Goalie Training and former College and Pro goaltenders.

Back to Basics is designed for Goaltenders of all ages and experience. Lack of proper Goalie coaching during the season leads to poor form and development of lazy habits. In this program we re-establish the all important Basics:

- **Movement within your Stance**
- **Skating**
- **Playing your Angles**
- **Agility**
- **Controlling Rebounds**
- **Puck Handling**
- **Physical & Mental Preparation**

A perfect balance of conditioning, skating, Back to Basics and advanced skills make this camp the ideal warm-up to the upcoming season.

CLINIC SCHEDULE

| Location | Date | Time | Levels | Cost |
|-----------------------------|-----------------|------------------|-----------|----------|
| Iceland | July 19- 23 | 3:15pm to 6:15pm | Beg - Adv | \$395.00 |
| Ice Hutch | July 26-30 | 5:30pm to 8:30pm | Beg - Adv | \$395.00 |
| Aviator | Aug 2-6 | 2:00pm to 5:00pm | Beg - Adv | \$395.00 |
| Port Washington Skating Ctr | Aug 30 – Sept 3 | 3:15pm to 6:15pm | Beg - Adv | \$395.00 |

Program Includes:

- 10 Total hours of Ice Time
- 5 hours of Off-Ice conditioning
- Back to Basics Program
- Goalie Specific Conditioning
- Power Skating for Goalies
- Scouting Report at completion of camp
- Low instructor to Goalie ratio
- Separate training for Advanced Goalies

Please check our website for additional locations.

PAYMENT INFORMATION

Please indicate payment method:

- Check made payable to:
Forward Strides
- Cash

Send Registration Form along with Payment to:

Forward Strides Goalie Training
PO Box 774
Mineola, NY 11501
516-620-4200

Waiver and Release:

Acknowledging that participation in athletics carries with it a risk of physical injury, I agree that Forward Strides Hockey, Port Washington Skating Center, Iceland, Ice Hutch, Aviator, Superior and it's agents and employees shall not be held liable to me or my child for any injury or damage, however caused, resulting directly from my child's participation in this Goaltender Clinic at any time preceding, during or after the clinic is in session. I hereby discharge all persons/organizations listed above from all actions, claims and demands my child or I may have for any such injuries or damage. I also acknowledge that all pictures, video and media captured during this camp is property of Forward Strides, Inc.

X _____

(Parent or Guardian Signature)