***Best Performance Sports Training:***

***Competitive Peewee, Bantam and Midget/Junior Prep August***

* Competitive Peewee Camp – This camp is designed to help propel this districts Peewee players to the next level. There are 30 spots available for motivated Peewee level players. At the start of the camp players will be divided into 2 groups for 2 skill development ice times. At conclusion of the 2nd ice time, players will be divided into 2 even teams. From that point forward each day will consist of a team practice in the morning and a game in the late afternoon. This camp is designed for players that are planning to try-out and play competitive peewee in the 2018/19 season.
* Competitive Bantam Camp – This camp is designed to help propel this districts Bantam players to the next level. There are 30 spots available for motivated Bantam level players. At the start of the camp players will be divided into 2 groups for 2 skill development ice times. At conclusion of the 2nd ice time, players will be divided into 2 even teams. From that point forward each day will consist of a team practice in the afternoon and a game in the evening. This camp is designed for players that are planning to try-out and play competitive bantam in the 2018/19 season.
* Midget/Junior Prep Camp– This evening camp is designed to help prepare midget and junior players for upcoming camps and seasons. Each ice time will include an hour-long skill and tactical session, followed by a 1-hour small area games session. There are 24 spots available in this camp.

**All Sessions will be held at the Pomeroy Sports Centre**

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| Competitive Peewee Camp Schedule | | Competitive Bantam Camp Schedule | |
| Monday August 20th | | **Monday August 20th**  **Fitness Test 11 – 1 – Both Groups** | |
| Group #1  Pre Ice Warm up  10 – 10:30pm  On Ice Skills  11 – 12pm  Lunch  12:30 – 1pm  Off Ice Skills  1 – 1:45pm | **Group #2**  **Off Ice Skills/Fitness** 10 – 11:45am  **On Ice Skills**  12:15 – 1:15pm  **Lunch**  1:15 - 1:45pm | **Group #1**  **On Ice Skills**  1:30 – 2:30pm  **Lunch**  2:45 – 3:15pm  **Off Ice and Mobility** **Session**  3:15 – 5pm  **Snack**  5 – 5:15pm | **Group #2**  **Off Ice**  1 – 2:15pm  **On Ice Skills**  2:45 – 3:45pm  **Lunch**  4 – 4:30pm  **Mobility Session**  4:30 – 5:15pm |
| Fitness Test Both Groups - 1:45 – 3:45  Snack - 3:45 - 4  On Ice Skills   1. Forwards – West Rink 4:30 – 5:30 2. Defense and Goalies – East Rink 4:30 – 5:30   Pick Up at 5:45 - 6pm | | **On Ice Skills**   1. **Forwards – West Rink - 5:45 – 6:45pm** 2. **Defense and Goalie – East Rink 5:45 – 6:45pm**   **Pick up 7 - 7:15pm** | |
| August 21st , 22nd and 23rd | | **August 21st, 22nd, 23rd** | |
| Team Red  Pre Ice Warm up  10 – 10:30am  On Ice Session  11 – 12pm  Snack 12:15 – 12:30pm  Off Ice  12:30 – 2pm  Lunch  2 – 2:30pm | **Team Grey**  **Off Ice**  10 – 11:45  **On Ice Session**  12:15 – 1:15  **Lunch**  1:30 – 2  **Mobility Session**  2 – 2:30 | **Team Red**  **Off Ice Activity**  11:30 – 1pm  **On Ice session**  1:30 – 2:30pm  **Lunch**  2:45 – 3:15pm  **Off Ice Game**  3:15 – 4:15pm | **Team Grey**  **Off Ice Activity**  11:30 – 2pm  **Snack**  2 – 2:15pm  **On Ice Session**  2:45 – 3:45pm  **Lunch**  4 – 4:15pm |
| Off Ice Video and Lecture 2:30 – 3:30pm  Red vs. Grey Game – 4 – 6pm | | **Off Ice Video and Lecture 4:15 – 5:15pm**  **Red vs. Grey Game – 5:45 – 7pm** | |
| August 24th  4 - 6pm Red vs. Grey Game | | **August 24th**  **4 - 6pm Red vs. Grey Game** | |

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| Midget/Junior Prep: August 19th to August 22nd – Midget/Junior Aged Players   |  |  |  |  | | --- | --- | --- | --- | | August 19th | August 20th | August 21st | August 22nd | | 6pm – 8pm | 7pm – 9:15pm | 7:45 – 9:45 | 7:45 – 9:45 | |

# How Much?

## Players and Goalies

Competitive Peewee and Competitive Bantam Camp

1. Price before July 1st $335
2. Price after July 1st $360

Midget/Junior Prep $150 for all 4 sessions or $45 per session

# How Do I Register?

1. Registration will be first come first serve. **There are limited spots available.**
2. Go to Ernie’s Sports Experts in Fort St. John and pick up a registration form.
3. Complete the form and give it to the front desk personnel with payment enclosed.
4. Or scan email a complete form to [bestperformancephil@gmail.com](mailto:bestperformancephil@gmail.com)
5. Some adjustments will be made based on registration numbers.
6. Include an email address on the registration form so registration can be confirmed on August 17th
7. If you have any questions email Phil Hiscock at [bestperformancephil@gmail.com](mailto:bestperformancephil@gmail.com) or call 250-261-0887.

**Best Performance Sports Training**

**Registration Form**

***IMPORTANT!!* Please indicate which group and time you would like to sign**

**up for:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Payment:**

Amount Enclosed \_\_\_\_\_\_\_ Cash or Cheque#

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age: \_\_\_\_\_\_\_\_ Date Of Birth *(mm/dd/yy):* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Street Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Province: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Postal Code: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parents/Guardians Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Care Card #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone #: \_\_\_\_\_\_\_\_\_\_\_\_\_

Recent Injuries: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Most Recent Team: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Most Recent Coach’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Where did you hear about Best Performance? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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- Please make cheques payable to **“Phil Hiscock”**

1. **Pick up and return forms and payment to Ernie’s Sports Experts**
2. **Report to first ice session 30 minute in advance to check in.**
3. **A confirmation email will be sent to each participant upon registration unless told otherwise.**
4. **Contact Phil Hiscock by email,** [phiscock@prn.bc.ca](mailto:phiscock@prn.bc.ca)**, or phone, 261-0887 to if you have any questions**



**AMATEUR ATHLETIC**

**WAIVER AND RELEASE OF LIABILITY**

In consideration of being allowed to participate in any way in the Best Performance Sports Training Summer Camps athletic/sports program, related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,

2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,

3. I willingly agree to comply with the stated and customary terms and conditions for participation. If however I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,

4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS Best Performance Sports Training,

their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event (“Releasees”), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

X \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARTICIPANT’S SIGNATURE

X \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

WITNESS

**FOR PARTICIPANTS OF MINORITY AGE**

(UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify the Releasees from any and all liabilities incident to my minor child’s involvement or participation in these programs as provided above.

X \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT/GUARDIAN’S SIGNATURE EMERGENCY PHONE NUMBER

X \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

WITNESS