

Quick Release Hockey Academy Registration Form

Name: _____
 Date of birth: _____ Age: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Home phone: _____
 Work phone: _____
 Email address: _____
 Parent's name: _____
 Current position (i.e. Defensemen) _____
 Years played _____
 Current level (i.e. Bantam A) _____

Sign-up for: _____
Camp location: _____
Camp # _____ **Camp Dates** _____
Jersey size (check one) small medium large
 x-large goalie

Payment Information (Check One)

Full Camp Payment

Installments (A deposit of \$100 is required) The balance must be paid 30 days prior to the camp start date.

Include Lunch Program (additional \$35.00 for your son or daughter to receive a daily nutritious lunch) ***For all day camps only ***

Method of Payment

Choose method: Visa MasterCard Check* Money Order*

Credit Card Information:

Name of Cardholder: _____
 Signature of Cardholder: _____
 CC# _____ Exp. Date: _____

***Make check or money order payable to QUICK RELEASE HOCKEY**

Release: I give my full consent of my child's participation in this Quick Release Hockey Academy. I do hereby waive, release and hold harmless Quick release Hockey, its instructors and representatives for any injury that may occur as a result of my child's participation in Camp. I understand all terms and conditions of this camp

Parent or Guardian Signature is Required _____ Date _____

A typical day at a Quick Release Hockey Camp	
All Day Youth Camps	Adult Clinics
7:30-8:30 am Drop-off	Monday
8:50-10:00am Dry Land training	7:30-8:45pm Skating
10:15-11:45am On ice instruction	Tuesday
12:00-12:50pm Lunch and video	7:30-8:45pm Passing/Stick handling
1:00-2:15pm Recreation/	Wednesday
Video Analysis/Seminar	7:30-8:45pm All Shooting
2:30-4:00pm On ice instruction	Thursday
4:00pm Camp ends	7:30-8:45pm Game situation
4:00-5:30pm Late pick-up	9:00 pm Thursday night Festivities
Friday afternoon is Game Day	at local Restaurant/Bar
(This is an example and times may vary)	

Registration Information

Register Online: Fill out registration online and pay by credit card or enclose check. (www.Quickreleasehockey.com).

Register by phone: Call 1-919-787-8822 to register

Register by Mail: Complete the registration and enclose payment.

Confirmation letter: Confirms you in Camp and includes

complete camp schedule, balance due and camp details.

Cancellation policy: Cancellation received at least 60 days prior to camp will be refunded less a \$50 administration fee. No refunds will be offered for voluntary withdrawal or for expulsion from camp.

Discounts: First family member pays full tuition, each additional member saves \$25.00. Save also on multiple camp enrollment (Call for details).

Lunch Program: For an additional charge of \$35.00

we will provide a daily nutritional lunch design to provide each member the required food to excel and retain their energy throughout the week.

Remit registration with payment to:

Quick Release Hockey Academy

P.O. Box 37788

Raleigh NC 27627

Phone: 1-919-787-8822

Fax: 1-919-861-0578

Email: info@quickreleasehockey.com

Sponsors:



2005

Spring/Summer

Premier Hockey Camps



YOUTH & ADULT

- Spring Break Camp
- Off-season full day Camps
- Adult Clinics
- All Shooting/Stick handling Clinics
- Private/Team Instruction

1-919-787-8822

www.Quickreleasehockey.com

info@quickreleasehockey.com

Quick Release Hockey Academy Philosophy

The Quick Release Hockey Academy (QRHA) is designed to provide all hockey players with an opportunity for a positive, character-building experience in and through ice hockey, while focusing on teaching life lessons. Our goal within Quick Release is to involve local hockey players in a positive sport atmosphere, while instructing and introducing them to the fundamentals of ice hockey and off-ice training techniques.

The coaches and staff consist of dedicated and experienced individuals whose goal is to ensure that all participants have FUN in our camp culture. We want to create a culture where all players enjoy participating in ice hockey, learn positive character traits and a healthy lifestyle, look forward to enhancing their skills and view these experiences as times when they are having fun.



Take aim at becoming the complete player

www.Quickreleasehockey.com

2005 Camp Dates:

- #1-SPRING BREAK 4-DAY CAMP** **\$285.00**
Wake Forest NC **March 21-24 2005**
Factory Ice House **Time: 8:00am-5:00pm**
 Level: House, House Select, Travel players
 Age: Mite through Bantam
- #2-SUMMER 5-DAY OFF-SEASON CAMP** **\$395.00**
Wake Forest NC **June 6-10 2005**
Factory Ice House **Time: 8:00am-5:00pm**
 Level: House, House Select, Travel players
 Age: Mite through Bantam
- #3-SUMMER 5-DAY OFF-SEASON CAMP** **\$395.00**
Gamer NC **June 20-24 2005**
The Garner Ice House **Time: 8:00am-5:00pm**
 Level: House, House Select, Travel players
 Age: Mite through Bantam

Youth Clinics:

- #4-ALL SHOOTING/POWERSKATING** **\$119.00**
Wilmington NC **May 9-12 2005**
Wilmington Ice House **Time: 7:00-8:15 pm**
 Level: All Levels (Players will be split by skill level)
 Age: Squirt through Midget
- #5-ALL SHOOTING/POWERSKATING** **\$99.00**
Charlotte NC **August 2-4 2005**
Pineville Ice House **Time: 6:00-7:15 pm**
 Level: All Levels (Players will be split by skill level)
 Age: Squirt through Midget
- #6-ALL SHOOTING/POWERSKATING** **\$99.00**
Gamer Ice House NC **August 9-11 2005**
Mite/Squirt: 6:00-7:15 pm **Peewee/Midget: 7:30-8:45 pm**

Adult Clinics:

- #7- "IT'S NEVER TOO LATE" ADULT CLINIC** **\$119.00**
Wake Forest NC **April 25-28 2005**
Factory Ice House **Time: 8:00-9:15 pm**
 Age: 16 & over
 Level: All Levels
- #8- "IT'S NEVER TOO LATE" ADULT CLINIC** **\$119.00**
Wilmington NC **May 9-12 2005**
Wilmington Ice House **Time: 8:30-9:45 pm**
 Age: 16 & over
 Level: All Levels
- #9- "IT'S NEVER TOO LATE" ADULT CLINIC** **\$89.00**
Charlotte NC **August 2-4 2005**
Pineville Ice House **Time: 7:30-8:45 pm**
 Age: 16 & over
 Level: All Levels

Power Skating:

Agility
 Resistive skating
 Transitions
 Power Stride
 Proper Skating techniques



Stick Handling:

Puck Control
 Soft Hands
 Reach
 Creativity



Power Shooting:

Understanding weight transfer
 Proper technique
 Quick release
 One-Timers
 Develop an accurate/powerful shot



Passing:

Passing under pressure and in traffic
 Saucer Passes
 Receiving and giving a quality/hard pass
 Improving your backhand passes



Instructors Profiles:

Sandy Lamarre

- Over 23 yrs of playing experience
- 7 yrs playing at the Professional Hockey level (ECHL, WPHL, UHL)
- 4 yrs playing at the Canadian Junior hockey league level
- Named twice to the Quebec Junior Allstar team
- Former Head Coach of the Mary Washington Club hockey team
- Former Instructor of California Dominican Hockey School
- Level III USA Hockey Coaching Certification



Andrew Barron

- Over 15 yrs of playing experience
- Current Head Coach for the East Coast Eagles Peewee major Team
- Played for NCAA Club level Liberty University
- Head Coach for the University of Michigan Women's hockey team in 1997
- Former Asst. Coach for the AAA Belle Tire Hockey club
- Former Instructor for the Hockey Academy of Toronto
- Level V USA Hockey Coaching Certification



John Scott

- Over 15 yrs of playing experience
- Current Head Coach for the East Coast Eagles Peewee minor Team
- Played for the N.C. State Hockey Team (2002-03)
- Played 4 yrs of Varsity ice hockey
- Instructor/Coach for the Carolina Hurricanes Hockey camp
- Former Instructor/Coach for Team Pepsi Conditioning & Training program
- Level III USA Hockey Coaching Certification/Member of Positive Coaching Alliance



Judd Lambert (Goalie Coach): Over 6 yrs of playing experience, Judd is a former Draft pick of the New Jersey Devils. Judd played at the AHL, IHL, and ECHL Level and is currently coaching High School Hockey in NJ.

Corey Smith: Over 7 yrs playing at the professional level, Corey is currently playing at the professional level for the Florida Panthers in the ECHL.

Michael Housmen: Currently playing Collegiate hockey for Mary Washington University in VA.

Camp Information

4 & 5- Day Hockey Camps:

- 3 hrs a Day of on-ice
- 2.5 hrs of Off-Ice training
- Low Instructor to student ratio
- Hockey game on final day
- Official Camp Jersey
- Year round consultation with players/parents
- Seminar about playing with the proper hockey equipment

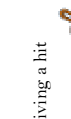
Youth / Adult Clinics

- Low Instructor to student ratio
- Official Camp Jersey (youth clinics only)
- Year round consultation with players (Adult & Youths)
- Last day festivities for Adult players only



Body Contact:

Proper technique for giving and receiving a hit
 Balance
 Heads up hockey
 Open ice contact
 Understanding why and when we hit



Team Positional play:

Where you should be positioned for a "break-out"
 Understanding the offensive and defensive zone systems
 Odd man time and being in the right place at the right time
 Learn how to play as a team



Off-Ice Conditioning:

Improving endurance
 Improving leg strength
 Understanding how to stretch before and after work outs
 Do it yourself training tips to utilize during the off-season

