

Pucks & Stix Staff

Bob Melton (847) 920-9421 / bmelton9421@sbcglobal.net

- Hockey Director, Wilmette Hockey Association
- Head Coach New Trier Green; Seven-Time Illinois State Champs
- Former Division One Player, University of Illinois, Chicago
- 2009 Illinois Hockey Hall of Fame Inductee

D.J. LaVarre (847) 212-0404 / hockeygolf@msn.com

- Hockey Director, Winnetka Hockey Club
- Head Coach, Loyola Academy Gold
- AHAI Coach of the Year 2004

Tom Gullen (847) 501-2069 / tgullen@winpark.org

- 28 Year Head Coach, Winnetka Hockey Club
- Eight-time State Champion
- AHAI Coach of the Year 2006
- 2009 Illinois Hockey Hall of Fame Inductee

Lacrosse Instruction

Lacrosse instruction will be provided by members of the Chicago Machine professional lacrosse team.

Daily Camp Schedule

Group # 1 (Mite House: 2002-04 Birthyears)

8:20 am	On-Ice Skills & Scrimmage
10:00 am	Lacrosse
11:10 am	Depart

Group # 2 (Mite Travel: Must have played full season or A2 travel. 2002-04 Birthyears)

10:00 am	On-Ice Skills
11:10 am	Lacrosse
12:30 pm	Lunch
1:30 pm	On-Ice Scrimmage
2:40 pm	Depart

Group # 3 (Squirt Travel or House Select: 2000-01 Birthyears)

11:10 am	On-Ice Skills
12:20 pm	Lacrosse
1:30 pm	Lunch
2:40 pm	On-Ice Scrimmage
3:50 pm	Depart

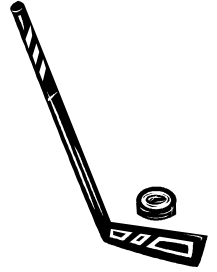
Group # 4 (Pee Wee/1st Year Batam: 1997-99 Birthyears)

12:20 pm	On-Ice Skills
1:30 pm	Lacrosse
2:45 pm	Lunch
3:50 pm	On-Ice Scrimmage
5:00 pm	Depart

Pucks & Stix Summer Development Travel Level Hockey & Lacrosse Camp • (847) 501-2060 • www.winnpark.org

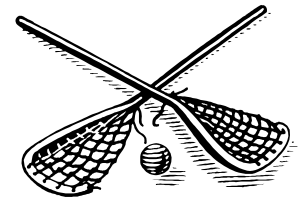
Winnetka Ice Arena
a facility of the Winnetka Park District
490 Hibbard Road
Winnetka, IL 60093

PUCKS & STIX Summer Development



Travel Level Hockey & Lacrosse Camp

August 16 - 20



at the Winnetka Ice Arena



About Pucks & Stixs Camp

We would like to invite you to participate in our exciting opportunity to improve your skills this summer. With over seventy years of coaching experience, we bring a unique perspective to improving your hockey skills in a fun atmosphere. Our goal, quite simply, will be to improve both your child's individual and team skills.

You can expect to see the following taught each day:

- **Dynamic Skating:** strides, turn and cross-overs, stops and starts, and balance. The better the skater, the better the hockey player. The foundation of the game of hockey is skating and we will put a great emphasis on improving your speed and efficiency.
- **Puck Control:** Techniques in controlling the puck at a high speed, dekes, using the body to control the puck, and specialized moves.
- **Shooting:** Extensive repetition and instruction in all shots, including slapshots for Pee Wee and older players.
- **How to score:** Over the years we have seen a decline in what we call the "pure" goal scorer. We will teach you tips and techniques that will put you in a position to score with greater frequency, irregardless of your age or position.
- **Pee Wees/Bantams:** Will also receive instruction on checking; how to throw a check, how to take a check, when to use the various types of checks etc.

NEW THIS YEAR: Mite House Group

This season we have added a group for recreation (House) level Mites. Mite players registering for the travel level must have played A2 or full season travel in 2009-10.

Why Lacrosse?

What do Wayne Gretzky, Sydney Crosby, Joe Sakic, Brendan Shanahan, and most every other Canadian-born NHL player have in common? They spent their summers playing lacrosse. While hockey is Canada's national sport, lacrosse is known as its' summer national sport.

Our "off-ice" portion of our camp will be spent playing lacrosse, not watching a film, running and doing conditioning. Lacrosse is similar in hockey and can benefit the children in many ways:

- It is fasted paced, exciting, and fun!
- It improves the children's hand/eye coordination.
- It improves their stick-handling and teaches them new, creative moves with the ball (and puck!)
- It will improve their fitness, quickness, and agility.
- It teaches the children to play with their head up; also critical in hockey.
- It teaches them both offensive and defensive concepts similar to both sports.
- All the equipment used for hockey may also be used for lacrosse.

Our staff will teach all of the fundamentals of the game. No experience in lacrosse is necessary.

What To Bring To Camp

Please bring the following with to camp every day:

- Full Hockey equipment
- Lacrosse stick
- Extra jersey for lacrosse.
- Work out clothes for lacrosse
- Lunch (if your program includes lunch)
- Water and/or sports drink

Camp Fee

Group #1 Mite House:	\$260
Groups #2, #3 and #4:	\$360
Multi-Child Family Discount	10% (2nd or 3rd child only)
Goalie Discount:	\$100 off

All refunds will have a \$50 service fee. No refunds will be granted after July 15, 2010.

Winnetka Park District

Pucks & Stix Camp Registration Form

PLEASE PRINT

Participant's Name _____

Street Address _____

City _____ Zip _____

Home Phone _____

Emergency # _____

E-mail Address _____

Registering for: Group #1 (Mite House) Group #2 (Mite Travel)

Group #3 (Squirt Travel or House Select) Group #4 (Pee Wee/1st Year Bantam) Goaltenders: Group # _____

Americans with Disabilities Act (ADA)

Please check here if you need any accommodation, in accordance with the ADA, to effectively participate in an activity or at a facility. A staff member will contact you for more information. If you do not hear from us within two weeks prior to the start of a program, we encourage you to contact the Winnetka Park District.

Waiver and Release of All Claims and Assumption of Risk

Please read this form carefully and be aware that in signing up and participating in the identified programs/activities, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with said programs/activities (including transportation services/vehicle operation, when provided).

I recognize and acknowledge that there are certain risks of physical injury to participants in these programs/activities, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in these programs/activities against the Winnetka Park District, including its officials, agents, volunteers and employees (hereinafter collectively referred as Winnetka Park District).

I do hereby fully release and forever discharge the Winnetka Park District from any and all claims for injuries, damages, or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with these programs/activities.

I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering on-line or via fax, your on-line facsimile signature shall substitute for and have the same legal effect as an original form signature.

Participant's Name _____ Parent/Guardian Signature _____ Date _____

PARTICIPATION WILL BE DENIED if the signature of adult participant or parent/guardian and date are not on this waiver.

Payment Information

Cash Check Credit Card (visa, mastercard & discover)

Account Number _____

Expiration Date _____

Total Amount Enclosed _____

Cardholder Name _____

Authorized Signature _____

For Further Group Clarification, See
Camp Daily Schedule For Birthyears!