

# Registration Form

## Spring/Summer 2010 Programs

Name: \_\_\_\_\_

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

City: \_\_\_\_\_ Prov: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Age: \_\_\_\_\_

Phone: ( \_\_\_\_\_ ) \_\_\_\_\_ Cell: \_\_\_\_\_

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

Division Played 09/10? (Novice to Junior) \_\_\_\_\_

Play Rep? (What Level) \_\_\_\_\_ OR Recreational? \_\_\_\_\_

Camps Attended Previously: \_\_\_\_\_

**Select Category To Register for Camp** (by level to be played 10/11)

Atom  Pee Wee  Bantam  Midget  Jr/University

### Now Check the Session(s) you wish to attend

*All Session registrations require a non refundable deposit to secure your spot!*

**Camp #4 - Elite "PRO" Camp - Male & Female**  
Dates: June 1 to Aug 31, 12 weeks Long Location: SSS

**Camp #5 - Elite "Young Guns" Camp**  
Dates: June 1 to Aug 31, 12 weeks long Location: SSS

**Camp #6 - High Performance "Station Rotation"**  
Dates: July 7, 21, 28, Aug 4, 11, 18, 25 Location: SSS

**Camp #7 - 7 Week Summer "Progressive" Camp**  
Dates: July 7, 21, 28, Aug 4, 11, 18, 25 Location: SSS

**Camp #8 - July Summer Camp - 2 different Camps, same week!**  
Dates: July 12 to July 16 Location: SSS

**Camp #8F - High Performance Female**  
Dates: July 12 to July 16 Location: SSS

**Camp #9 - 3 Day "Ironman Senior" Ice/Video Camp!**  
Dates: August 9, 10, 11 Location: SSS

**Camp #10 - 3 Day "Ironman Junior" Ice/Video Camp!**  
Dates: August 16, 17, 18 Location: SSS

**Camp #11/12/13 - 3 Day Pre-Tryout Camp**  
Date: Aug 23 to 27 Location: SSS

#### Please Read and Sign the Following Waiver:

The Participant and Parent(s)/Guardian(s) acknowledge and agree that The JS Giguere Centre of Excellence, and The 1 To 1 Goaltending Mentorship Program, their Principals, Employees, Directors, and Instructors, will not be held responsible for any accident, damage, injury or loss; however caused, negligent or otherwise, at any time; and expressly release any and all of the aforementioned parties from all claims arising from any accident, damage, injury or loss, or as to a consequence thereof.

Participant \_\_\_\_\_

Signature of Parent/Guardian  
if Participant is Under 18 Years of Age \_\_\_\_\_

In the event of inability to contact me, I also agree and give my permission for you to seek any medical assistance my child may require while attending the program.

Signature of Parent/Guardian \_\_\_\_\_

Summer 2010 will once again re define goaltending for tenders within 1 to 1 Goaltending. **We will offer programs for every level: developing, rep, elite, and semi pro.** We feel very strongly in a more advanced approach to goaltender training and our methods have worked and are paying dividends for those who have stuck with the process. The best goaltenders playing University, Junior, Major Midget, High School, Bantam AAA, PeeWee AAA, Provincial and Regional hockey at elite levels, all have their ties to this program! Look no further than the Male and Female teams representing Hockey NS and every Major Midget team in Nova Scotia. We have more than 90% off all those positions filled with tenders from the 1 to 1 Program! For 3 years in a row we have had goaltenders drafted to the "Q" and even more move on to Junior and University levels, so come see what our programs can offer you. You'll find a camp to suit any level!

# ALLSUMMERLONGCAMPS

## Camp #4 - Elite "PRO" Camp - Male & Female

Don't be fooled by what others try to offer in an attempt to copy our program, this is the one that changed training forever! In our 5th year, this camp features 12 weeks of high intensity training including: weekly on ice sessions at a **2 or 3:1 ratio**, semi-private sessions in our artificial ice training centre, a pro level goalie specific off ice training program and manual, monthly fitness testing, an at home conditioning program, video teaching & much more! You will train with us 4 days a week and be required to complete a 3 to 4 day home training program giving you a 6 day a week calendar!

This year, a Canada Games year, we will be separating our Pro Campers, **one for Male goalies and one for Females.** The male camp will feature 9 spots for elite tenders who will have shooters from Major Midget, Junior and University. The female camp accepts 9 elite level female goalies being tested by Major Midget girls and University level shooters in drills to push your preparation for the female game.

**Date:** Starting June 1st to Aug 31, 12 weeks Long

**Location:** Sackville Sports Stadium

**Ice:** Friday nights from 8pm to 10:00pm for 8 weeks

**Dryland:** Twice a week for 3 months (Tuesdays and Thursdays 6 to 8pm)

**Artificial:** 6 sessions - scheduled after we finalize the tender list!

**Price:** \$1959.00 plus tax with up to a \$500 rebate for work assignments you are given as a hired staff member of 1 to 1.

Pro Jerseys and dryland clothing ARE included in this camp!

## Camp #5 - Elite "Young Guns" Camp

This camp features the same commitment as the PRO Elite camp yet is built for those younger tenders from PeeWee up who have been identified as having REAL potential down the road. This camp features goalies who have all the technical skill awareness of older more experienced goalies yet just need more time in elite development. This camp will blow every other training program you have ever attended out of the water. Forget spring hockey, summer league hockey and 2 or 3 summer camps. This one camp will feature **everything** your tender needs to make several jumps up the elite ladder. There is no better way to pass the masses than this camp, period!

**Date:** Starting June 1 to Aug 31, 12 weeks long

**Location:** Sackville Sports Stadium

**Ice:** Friday nights from 6pm to 8:00pm for 8 weeks

**Dryland:** Twice a week for 3 months (Tuesdays and Thursdays 6 to 8pm)

**Artificial:** 6 sessions- scheduled after we finalize the tender list!

**Price:** \$1759.00 plus tax.

Pro Jerseys and dryland clothing ARE included in this camp!

## Camp #6 - High Performance "Station Rotation"

This NEW camp has come from a desire for many of our "Elite" goalies to get more High performance training in. Our Elite camp is the pinnacle of training and for those who are not in this camp OR can not commit to 12 weeks of high energy, this camp is designed for you. It features 4 High performance stations per night in a 1.5 hour "Puck Marathon". It is a 3:1 ratio camp and allows for 2 technical/tactical drill stations, 1 high energy mobility station and 1 full gear shooter game specific flow drill. If you have ever seen our Elite camp on Friday nights then this is the little brother of that camp. **It is intended for very well schooled goalies** as teaching comes by way of doing, we don't slow down the drill to fix the little things we get you to figure it out during the drill, give you feedback after the drill and send you RIGHT back in to do it again! This camp will fill the void in our Summer program for those who want the highest levels of training, coaching, and shooters!

**Open to:** PeeWee Elite and Up

**Dates:** July 7, 21, 28, Aug 4, 11, 18, 25

**Location:** Sackville Sports Stadium

**Time:** 7:30 to 9pm

**Price:** \$549 plus tax for the full 7 weeks

OR \$95 plus tax per session if any spots remain!

## Camp #7 - 7 Week Summer "Progressive" Camp

This camp is for those goaltenders who want consistent, progressive training to stay sharp during the off season. We work week after week to build a goalies skill set to suit the level of play they wish to attain. We customize each group based on where they have played and where they should play in the fall. Our goal is to keep groups working as a unit to push each other week after week to get the most out of them. If goalies are not being challenged or above the group level we will move or rework the drills that group is doing to push them even more. Drills will focus on either technical, tactical or reactive depending on the level of the group and teaching will be more individualized than ever before. Basically its a summer camp spread over 7 progressive weeks!

**Open to:** All ages and levels

**Dates:** July 7, 21, 28, Aug 4, 11, 18, 25

**Location:** Sackville Sports Stadium

**Time:** 6pm to 7:30pm

**Price:** \$449.00 plus tax, A savings of OVER \$200 over our regular on ice sessions!

Jerseys ARE included in this camp!

# WEEK LONG CAMPS

This season marks a **dramatic** change to our traditional week long summer camp program. For 6 years we have redefined elite coaching in our program and we have tried to add more each and every year. This year we want to push the envelope even further by redefining the 5 day summer camp model. We will feature more of what you truly want, ice and pucks! Keeping with what works we will once again offer our Ironman Senior and Junior camps and our most popular program ever, our 3 level Pre Tryout program.

Here are your camp descriptions;

## Camp #8 - July Summer Camp - 2 different Camps, same week!

Our 5 day camp is now split for 2 different levels of training but both in a 3:1 ratio!

**Group 1** will feature a shorter day and designed for goalies who are still building solid skills in the 1 to 1 training program, OR those goalies who are new to nets. If you have not spent a week with us in the past or have not attended regular tune up sessions throughout the year than YES, this is the camp for you. The week features 2.5 hours of ice per day plus a skill building off ice activity, not traditional dryland! This camp offers a chance to really define and refine your technical skills, tactical awareness and positional play.

**BONUS:** Book this camp Group #1 and receive a \$50 credit towards Pre Tryout Camp #1

**Group 2** will abandon the typical week long program we offered and give you more time in the net with a BONUS 1.5 hours of ice per day! For most of you a 1 to 1 five day camp is something you know all too well. NOT this year! We have opted to drop dryland, drop lecture time, drop journal time and offer MORE ice time. The week will now feature 4 or 5 hours of ice each day allowing for more teaching, more time on task and even more puck work! The amount of ice this camp features would normally cost \$1600 during our other training times and features MORE ice than any other camp we have ever offered , 22 Hours in 5 Days! yet offered at a savings of \$860!! Not for the faint of heart this camp is also ideally suited for goalies who are attending Hockey NS summer camps and hoping to play Canada Games! As a bonus for these campers ONLY, you will play two 3 on 3 games throughout the week with the very best, full gear shooters for your level! This camp will be the best camp we have ever offered outside of our Elite Program, so if you like the week long format you'll love what 1 to 1 has done with it!

**NOTE:** We will only offer 1, not two or three week long camps as in the past, so book quickly as we will be sold out very soon!

**Open to:** All ages and levels but grouped according to experience and level of play!

**Date:** July 12 to July 16

**Location:** Sackville Sports Stadium

**Duration/Time:** Group 1 = 5 days - 11am to 4pm

Group 2 = 5 days, 9 to 5pm - (schedule emailed on registration)

**Price:** Group 1 = \$485.00 plus tax Group 2 = \$649.00 plus tax

Camp includes a 1 to 1 jersey.