

# BODYCHECKING CLINIC - BARRIE

PlayHard's Bodychecking Clinic is designed specifically for player's transitioning into their first year of body contact, (Rep - Minor Atom level). Topics covered will include balance and skating, angling, body position, body contact and bodychecking. In a controlled manner players will be instructed on the proper technique's to both give and receive checks; with the ultimate goal to instil contact confidence within each player. Learning which check is appropriate for which situation is an important part of a player's development; players will leave this clinic understanding the purpose for checking; to separate their opponent from the puck. Learning to check with confidence and respect will increase a players understanding and enjoyment of the game as well as introduce a level of safety for themselves and other players on the ice.

Session size will be limited to 26 players.

## REGISTRATION DETAILS

**LOCATION:** Barrie – Allandale Recreation Centre

**SESSION DATES:** Thurs July 26, 6:30—7:30 PM  
Thurs Aug 2, 6:30—7:30 PM  
Thurs Aug 9, 6:30—7:30 PM

**SESSION COST:** \$115.00 Cash or cheque (payable to PlayHard PowerSkating)

**TO REGISTER:** Please fill in the application form and enclose the appropriate fee to;

Playhard Powerskating, c/o Al Barr  
41 Logan Crt  
Barrie, Ontario  
L4N 8G9

CHILDS NAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_

HOME PHONE# \_\_\_\_\_ WORK PHONE# \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

AMOUNT ENCLOSED \_\_\_\_\_

Accident / Sickness Insurance: All students must have their own insurance plan.

The undersigned parent of the above-named child (the "child") acknowledges that ice skating and hockey involves inherent risk of injury. I hereby release PlayHard PowerSkating, it's officers, directors and employees, from all claims for injury or damages suffered by the Child or the undersigned that may arise as a result or the Childs participation in a PlayHard PowerSkating program. I further agree to indemnify and save PlayHard PowerSkating, it's officers, directors and employees harmless from all claims made by the Child or any party in any way resulting from the Childs participation in PlayHard PowerSkating programs.

READ AND ACCEPTED,

PARENT / GAURDIAN SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_