

### Enrollment Agreement & Release

Due to the unique combination of dangerous activities involved in the sport of hockey which can result in injury or death to participants and which cannot be eliminated, it is understood and agreed in executing this Enrollment Agreement & release that:

1. Participants assume all risks of injury or death sustained while in, on or about the premises of Suburban Ice—East Lansing (hereafter referred to as SIEL), and waive all liability against SIEL, its officers, employees, or agents.
2. SIEL is not responsible for participants' use of the premises or their fitness, abilities or the equipment being used by them.
3. Participants release, discharge and agree to indemnify and hold harmless SIEL from any and all claims, demands or causes of action that are in any way connected with the participation in the sport of hockey or use of SIEL premises, facilities or equipment, whether "on" or "off" the ice, and including any claims of negligence on the part of SIEL, its officers, employees or agents.
4. Participants have adequate insurance and agree to assume full responsibility for any costs or expenses occasioned by an injury or medical need arising out of participation in the sport of hockey or use of SIEL premises, facilities, or equipment.
5. SIEL may use, without compensation to the undersigned or the participant, any photo, audio and/or video recording of any SIEL activity in which the participant appears, for promotional, advertising or educational purposes.

I have read and I understand this Agreement. I warrant that I have full right and authority to execute this Agreement on behalf of myself and all participants involved hereto. I assume full responsibility for the terms and conditions of this Enrollment Agreement & Release, and will indemnify and hold harmless SIEL for any claims brought by, or on behalf of participants to this agreement.

### MINOR PARTICIPANTS

Parent or Guardian must complete for participants under the age of 18

In consideration of (player) being permitted by SIEL to enroll and participate in its activities and to use its equipment and facilities, I have acknowledged and executed the forgoing Enrollment Agreement and Release. I further agree to indemnify and hold harmless SIEL from any and all claims which might be brought by, or on behalf of minor, and which are in any way connected with such enrollment or participation by minor.

PLAYER \_\_\_\_\_

*Signature of Parent or Guardian*

\_\_\_\_\_

*Print Parent Name*

*Date*

# Suburban Ice—East Lansing Presents: HOCKEY ACADEMY 2009



A COMPREHENSIVE TRAINING  
PROGRAM FOR A/AA/AAA  
PLAYERS AGES 11-17

### Why Suburban?

#### 1. Quality Instruction

We take great pride in having the best instructional staff in the business, experienced hockey people, who are trained to teach the "Suburban Way" to ensure quality and consistency throughout our programs.

#### 2. Challenging Classes

We strive to maximize individual instruction and teach a dynamic, progressive curriculum that challenges and motivates each and every student to improve his or her skills and knowledge of the game.

#### 3. Organization & Discipline

We understand the value of ice time. Our classes are organized and up-tempo, and we create a disciplined learning environment that encourages students to play hard, play smart and play safe.

### The Purpose

Only serious players need apply! This program is designed to create an intense and competitive on-ice and off-ice training environment for A/AA/AAA players committed to learning and to working hard to make themselves better hockey players. The class is limited to 24 players so enroll early to avoid disappointment. .

### Program Features

- Jersey and training manual
- Dry land fitness technique training
- Slide board training
- Position specific training
- Develop skating speed, power, strength and stamina
- Improving agility, quickness and acceleration
- Enhancing transitional skating techniques
- Offensive and defensive zone situations
- Creating time and space
- Playing without the puck
- Timing and positioning
- Body and stick checking techniques
- Enhancing shooting and scoring skills
- Puck handling and playmaking skills

### Instructional Staff

#### Jeff Mitchell -

- OHL Detroit Jr. Wings 1992-95
- AHL Calder Cup Champion 2002
- ECHL All-Star Game MVP 2000
- Drafted to the NHL by the Los Angeles Kings
- Dallas Stars RW 1997-98
- Suburban Ice instructor for 17 years



#### Mike Rucinski -

- OHL Detroit Jr. Wings 1992-96
- Drafted to the NHL by the Hartford Whalers
- Carolina Hurricanes D 1997-01
- Suburban Ice instructor for 16 years



## Schedule

Tuesdays and Thursdays - July 14 thru August 20, 2009

PeeWee/Bantam (ages 11-14)  
3:00-3:30pm Off-ice Session  
3:30pm-4:00pm Locker Room  
4:00-5:30pm On-Ice Session

Midget/High School (ages 15-18)  
6:30-7:10pm Off-Ice Session  
7:10-7:30pm Locker Room  
7:30-9:00pm On-Ice Session

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Work Phone ( \_\_\_\_\_ ) \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

#### **Tuition - \$325 Full payment due with registration**

- 10% discount on each registration if five players sign up from the same team, or two or more players from the same family. Registrations have to be placed at the same time to receive discounts.
- Goalies FREE—Registration Required.

Position:  Forward  Defensemen  Goalie

Check or money order enclosed

Visa  MasterCard  Discover  amex

Exp. Date \_\_\_\_\_

Card # \_\_\_\_\_

CVV2 # (last three digits on back of credit card) \_\_\_\_\_

Name of Cardholder \_\_\_\_\_

Billing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

*Mail or fax this completed form with payment information to:*  
SUBURBAN ICE - EAST LANSING • 2810 Hannah Blvd • East Lansing, MI 48823  
Phone: (517) 336-4272 • Fax: (517) 336-4273

**Refunds and Credits** - Enrollment in each program is limited and tuition is based on class size. Consequently, it is not possible for Suburban Ice - East Lansing to offer an open refund policy. A processing fee of \$35 will be charged on all cancellations. Tuition refunds will not be made if the order is cancelled less than 14 days prior to the beginning of the class. In the event that it is necessary to cancel after that date for medical reasons, a credit certificate for tuition in a future SIEL program will be issued.