

SUMMER 2022 - ON-ICE SHOOTING PROGRAMS

(Please note that each student will be required to view our 3 Week OFF-ICE Shooting Program Instructional Videos prior to participating in the ON-ICE SHOOTING Program).

DETAILS:

5 ON-ICE SHOOTING SESSIONS & 3 OFF-ICE INSTRUCTIONAL SESSIONS

Program Fee: \$369.95 + HST (\$425.44).

LOCATION: BMO 4 Pad Center, Bedford, NS.

E-TRANSFER CAN BE COMPLETED TO - TAOScoring@gmail.com.

(Registration/Waiver Form below).

U7 to U18 ON-ICE SHOOTING PROGRAMS

July 11, 2022 to July 15, 2022

- Available 1 hour time slots:

U7/U9 - 9:15 am, U11/U13 - 12:15pm & U15/U18 - 1:15 pm.

August 15, 2022 to August 19, 2022.

- Available 1 hour time slots:

U7/U9 - 9:15 am, U11/U13 - 12:15pm & U15/U18 - 1:15 pm.

HIGH PERFORMANCE ON-ICE SHOOTING PROGRAMS - U13 to U18

July 12, 2022 to July 16, 2022

- Available 1 hour time slots:

U13/U15 - 10:15 am & U15/U18 - 11:15 am

August 15, 2022 to August 19, 2022

- Available 1 hour time slots:

U13/U15 - 10:15 am & U15/U18 - 11:15 am

INCLUDES:

- 12 SHOOTERS PER ON-ICE SESSION - 3 SHOOTERS PER INSTRUCTOR.
- 5 x 1 Hour ON-ICE Sessions supported by 3 OFF-ICE Sessions.
- Contact us at: taoscoring@gmail.com to schedule your OFF-ICE Sessions.
- OFFICIAL INSTRUCTIONAL VIDEOS.
- OFFICIAL INSTRUCTIONAL BOOKLET
- OFFICIAL H-Puck.

U7 to U18 ON-ICE SHOOTING PROGRAMS

- Players will learn how to develop a powerful release through their Hockey Stance.
- Intensive focus on the release of the wrist and snap shots through a powerful Hockey Stance with Key Hand and Foot Placement.
- The hockey player's shooting/puck handling skill set will become very explosive with complete control.
- The hockey player will now own their 'Time & Space' and understand the feeling of truly shooting the puck to SCORE!

HIGH PERFORMANCE - 5 x 1 hour On-Ice Sessions & 3 Off-Ice Sessions.

- Continued focus on a powerful release by taking full advantage of their Hockey Stance.
- Aggressive review of the wrist and snap shots with full awareness to Hand and Foot placement.
- Key, Simulated Game-Like, Aggressive, Explosive & Repetitive Releases; Wrist and Snap Shots.
- Back Hand & Slap Shot will also be worked in the later stages of the program.
- 'Time & Space' becomes clearer to the player. **Scoring becomes very real & Fun!**

PROGRAM INSTRUCTORS:

- Greg Gravel - Program Director and Shooting/Scoring Specialist
- Donald MacLean – NHL/KHL/AHL - Pro Shooting Specialist.
- Richard Ujvary - Hockey Development Specialist - Amateur & Pro
- Mike Almond - Hockey Development Specialist - Female Hockey
- Robert MacLean - Minor Hockey Development Specialist.
- Brody Nurse - Junior Shooting Specialist - Alumni

GUEST ALUMNI INSTRUCTORS:

- Liam O'Brien – NHL Colorado Avalanche
- Cam MacDonald – Quebec Major Junior – Saint John Sea Dogs

REGISTRATION & WAIVER FORM

PLAYER NAME: _____.

WEEK (Circle one): July 11, 2022 July 12, 2022 August 15, 2022.

LEVEL (Circle one): U7/U9 U11/U13 U15 and U18

HIGH PERFORMANCE: U13/U15 U15/U18

Program Fee: \$369.95 + HST: \$425.44.

E-TRANSFER CAN BE COMPLETED TO - TAOScoring@gmail.com

Full payment and signed Registration/Waiver form required to reserve you position.

PROGRAM WAIVER

In consideration of being allowed to participate as a student, instructor or volunteer (herein called "participant") in **The TRUE Hockey Program** ("THP"), & **Stealth Sports Training Limited** the undersigned acknowledges and agrees that:

1. The on-ice, off-ice and dry land sporting activities have inherent physical risks that may result in serious damage, personal injury, paralysis, or death. Using proper equipment, following the rules and exercising discipline will reduce the risks.
2. I knowingly and freely assume all such risks, both known and unknown, and assume full responsibility for mine or my child's participation. I willingly agree that my child and/or I will comply with the stated and customary terms and conditions for participation. I however recognize that doing so will not eliminate all risk from the activities.
3. Participant will not hold THP & Stealth Sports Training Limited or any of its employees, officials, owners, managers, proprietors or designees or the ice rink or employees of the ice rink used by THP & Stealth Sports Training Limited liable for injury that the student may sustain at, or relating to any THP & Stealth Sports Training Limited activity. This includes any injuries sustained while participating outside of the THP & Stealth Sports Training Limited facility.
4. Participant is responsible for any and all medical costs for any injuries arising from or around THP & Stealth Sports Training Limited activities.
5. Participant has no known medical condition that restricts or prohibits participation in on-ice, off-ice or dry land sporting activity.
6. Participant shall act in a mature and responsible manner.
7. THP & Stealth Sports Training Limited may use, without compensation, to the undersigned or participant, any photo, audio and/or video recording of any THP activity which the Participant appears for promotional, advertising or educational purposes.
8. I understand that neither THP & Stealth Sports Training Limited nor the facility is responsible for any loss or damage to personal items.

9. The undersigned acknowledges that THP owners and representatives have made no representation, warranties, inducements or promises which are not contained herein and this signed form represents the entire Agreement between the undersigned and THP & Stealth Sports Training Limited.

10. In the case of a medical emergency I give permission for THP & Stealth Sports Training Limited, its officers, employees, and instructors to seek medical attention for myself (if over 18) or my child, if I, the parent or legal guardian, am absent. I have read this agreement, fully understand its terms, and sign below voluntarily and without inducement.

X _____ . DATE: _____
Signature of Parent or Legal Guardian (Self if over 18).

Print Parent/Guardian Name (Self if over 18)