

UNO Hockey OFF-ICE Strength and Conditioning Camp - Summer 2011

When: June 6th to August 5th

Days: Monday, Wednesday, Friday

Time: 10:30 am to 12:00 pm

Where: UNO Athletic Strength Complex

Cost: \$600 for 8 Week camp

\$300 for 4 week camp (June 6th to July 1st) or
(July 11 to August 5th)

ONLY 22 PLAYERS WILL BE ACCEPTED

* Week of July 4th off*



Camp goals: Improve foot speed and coordination
Improve skating mechanics and stride power
Improve acceleration and leg power
Improve overall strength specific to hockey

Registration Deadline: May 2, 2011

For more information contact David Noonan

Phone: 250-8381

athleteconstruction@cox.net

UNO Hockey

Off-Ice Strength & Conditioning Camp

Registration Summer 2011

Campers Name _____

Address _____ e-mail _____

City _____ State _____ Zip _____ Phone _____

Age _____ Hockey Team (Name & Level) _____

8-Week (June 6th to August 5th) *week of July 4th off

4 Week (June 6th to July 1st)

4 Week (July 11th to August 5th)

*** Make Checks Payable to: MAVERICK MUSCLE**

* 8 week camp \$600 4 week camps \$300

Mail registration and full payment to:

University of Nebraska Omaha
6001 Dodge Street
Athletics / David Noonan
Omaha, Nebraska 68182

Parent/Guardian Release and Indemnity Agreement

We (or I) hereby request that you accept this application of _____
for the 2011 UNO Hockey Off-Ice Strength and Conditioning Camp (Summer 2011) during the dates set forth in this
application and in consideration of your acceptance of this application, we (or I) as the parents(s)/ guardian and on
behalf of our (or my) child/ward hereby release the Board of Regents of the University of Nebraska and all their
employees and agents and the UNO Hockey Off-Ice Strength and Conditioning Camp from all claims on account of
injuries which may be sustained by our (my) child/ward while attending. We (or I) further agree to hold the Board of
Regents of the University of Nebraska and all their employees and agents and the UNO Hockey Off-Ice Strength and
Conditioning Camp harmless from any claims made against them on account of our child's/ward's participation in the
UNO Hockey Off-Ice Strength and Conditioning Camp.

Parent / Guardian Signature

Parent / Guardian Signature