



# ***Glenbrook North Hockey - Summer 2011***

## **2011 Summer Conditioning Program**

This packet contains information on the GBN Hockey 2011 Summer Conditioning Program, including the following:

- Program Summary
- Fees/Payment Instructions
- Contact Information
- Dryland Training Info
- Summer Ice Info
- Registration Form



# ***Glenbrook North Hockey - Summer 2011***

## ***Dryland Training***

<b><u>DAY</u></b>	<b><u>DATE</u></b>	<b><u>TIME</u></b>
Monday	July 18	6:00 – 7:00 PM
Wednesday	July 20	6:00 – 7:00 PM
Monday	July 25	6:00 – 7:00 PM
Wednesday	July 27	6:00 – 7:00 PM
Monday	August 1	6:00 – 7:00 PM
Wednesday	August 3	6:00 – 7:00 PM
Monday	August 8	6:00 – 7:00 PM
Wednesday	August 10	6:00 – 7:00 PM
Monday	August 15	6:00 – 7:00 PM
Wednesday	August 17	6:00 – 7:00 PM

### **Location:**

- Wood Oaks School on Sanders
- Meet at the bottom of the hill for a **6:00 PM SHARP** start.

### **Supplies:**

- Bring the following: Running shoes, shorts, in-line skates, hockey stick, hockey ball, water and a towel.



# ***Glenbrook North Hockey - Summer 2011***

## *Summer Ice*

<b><u>DAY</u></b>	<b><u>DATE</u></b>	<b><u>TIME</u></b>
Tuesday	August 2	7:50 – 9:00 PM
Thursday	August 4	7:20 – 8:30 PM
Tuesday	August 9	8:00 – 9:00 PM
Thursday	August 11	8:00 – 9:00 PM
Tuesday	August 16	8:00 – 9:00 PM
Thursday	August 18	8:00 – 9:10 PM
Monday	August 22	7:20 – 8:30 PM
Tuesday	August 23	8:00 – 9:10 PM
Thursday	August 25	8:00 – 9:10 PM



# ***Glenbrook North Hockey - Summer 2011***

This program is open to any potential 2011-2012 GBN Hockey Player who is in good standing with NBHL and Glenbrook North. The cost for the Summer Conditioning Program is **\$250**. This fee includes:

- **10** Hours of ICE
- **10+** Hours of Dryland Training
- All coaches, equipment, and facilities

**Payment is due by August 1st, 2011, unless prior arrangements are made with Bob Anderson or Rich Blakey.** Checks should be made payable to NBHL.

Please send payment to:

**Northbrook Hockey League**

**P.O. Box 1024**

**Northbrook, IL. 60065**

(Or you can leave registration and payment in Bob Anderson's folder at the rink.)

If you are paying by credit card please fill out the form and fax it to **(847-412-1016)**

**Please Note:**

- There will be no pro-rating.
- Team tryouts will be on August 28, 30 and September 1<sup>st</sup>. This will be posted on the GBN Hockey website.

*Any questions or concerns at any time can be directed to Rich Blakey at: 262-497-0705 or [rblakey30@sbcglobal.net](mailto:rblakey30@sbcglobal.net)*



## **Glenbrook North Hockey - Summer 2011**

# **2011 Summer Conditioning Program Registration Form**

Name:

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Address:

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Participant Signature:

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Parent Signature:

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Phone:

Date:

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*If paying by credit card please fill out the below information:*

Credit Card Type: \_\_\_\_\_

Credit Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

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*By signing this form, the participant and his/her family, consent to be bound by the rules and regulations of the Northbrook Hockey League and agree that the Northbrook Hockey League, Rich Blakey, Chris Strauss, and any of the training program coaches, instructors and organizers will not be held responsible for any accident or loss however caused and agree to release the Northbrook Hockey League, its coaches, instructors and organizers from any and all claims or damages which may arise as a result of or reason of such accident, injury or loss.*