



2012 Spring Lake Park's Fall Skills & 3 on 3 Sessions for Bantams, Peewee, and Squirts

This Program is designed to get the players skating before Pre-Skate warm-ups & tryouts. At each Session there will be a warm-up (10 minutes) Skate of various Skills (Edge Work, Stick Handling, Passing, Support concepts, etc.) and then lead into 3 on 3 Cross Ice Game and/or Full Ice 4 on 4. By Participating in this Program players will have the opportunity to increase their fitness level from having the summer off and enhance their on-ice awareness & Creativity in preparation for Association tryouts.

Rules\Format:

1. **NO Checking;** (A Player will be removed from the Ice, and Potential removal from Program, with no refund)
2. **16** - 1 Hour sessions
3. No Icing or off-sides;
4. Controlled Shift changes (1 minute or less for motivational Purposes);
5. Signed waiver (attached) and **FULL** payment before taking the Ice.
6. Cost for Skaters=**\$175 (\$75 down)** & Goalies= **\$100 (\$50 down)** Down Payment Required to Reserve your Spot.
7. Maximum of **24** skaters and **4** goalies (**First come first serve. Once full it's full...**)
8. No Refund Policy.
9. To secure your Spot in this Program, Please mail a signed Waiver with **Down payment** to:
Jeremy Fisher 9151 Bataan St. NE Blaine, MN 55449 (763) 229-9096 jfisher9151@gmail.com
10. Jersey fittings will be scheduled in June & July. You will be informed via email after you register when the Jersey fittings dates will be.
11. All Sessions Will be Monday and Wednesday from August 1 – September 26, 2012
12. **Coaches;**
 - **Squirts** - Sean Noble
 - **Peeweess** - Brian Armstrong
 - **Bantams** - Jeremy Fisher

A. Player Registration: (print clearly)

Name: _____ Level 2012-2013 (circle one): SQ PW BA
Address _____

Parents' Names (address if diff.) _____

E-mail _____

Phones Home) _____ Cell) _____

Jersey size _____ I.E. Youth Large, YXL, Adult Small, AM, AL, AXL, & AXXL (I need this to order jersey's ASAP)

B. Liability Waiver. In consideration of your acceptance of my child, _____ (child), as a participant in this event, I, for myself and my child, hereby waive all claims against Jeremy Fisher, his coaches, employees, players and agents, and release the claims for, any injuries suffered by my child incidental to, connected with, or arising out of the activities related to Jeremy Fisher, including injuries suffered as a result of negligence of Jeremy Fisher, but not including injuries suffered as a result of willful or intentional misconduct. I give my approval to my child's participation in all activities related to SLP's 3 on 3 League. I understand that the program for which I have given my permission may be hazardous and that injuries may occur in the normal course of play or instruction, and I assume all risks and hazards incidental to my child's participation including transportation to and from the activities. I understand that Jeremy Fisher has no medical or health insurance covering my child. I understand that if my child gets sick, goes on vacation, is injured and can't return & can't make a session(s), I will not expect to receive a refund.

C. Conditions. I certify to the best of my knowledge and in consultation with our child's doctor, our child has no physical infirmities or sickness except as follows: (Please list any such conditions of which you aware).

D. Emergency Contact. In case of emergency, contact the following:

Name: _____

Phone: _____

Name: _____

Phone: _____

Date _____

Parent's Signature: _____



2012 Spring Lake Park 3 on 3 Schedule



8/1/2012	Wed	FA-North Rink	5:30:00 PM	6:30:00 PM	Squirt 3 on 3	*****	8/29/2012	Wed	FA-South Rink	5:20:00 PM	6:20:00 PM	Squirt 3 on 3
8/1/2012	Wed	FA-North Rink	6:40:00 PM	7:40:00 PM	Peewee 3 on 3	*****	8/29/2012	Wed	FA-South Rink	6:30:00 PM	7:30:00 PM	Peewee 3 on 3
8/1/2012	Wed	FA-North Rink	7:50:00 PM	8:50:00 PM	Bantam 3 on 3	*****	8/29/2012	Wed	FA-South Rink	7:40:00 PM	8:40:00 PM	Bantam 3 on 3
8/6/2012	Mon	FA-North Rink	6:30:00 PM	7:30:00 PM	Squirt 3 on 3	*****	9/5/2012	Wed	FA-South Rink	6:30:00 PM	7:30:00 PM	Squirt 3 on 3
8/6/2012	Mon	FA-North Rink	7:40:00 PM	8:40:00 PM	Peewee 3 on 3	*****	9/5/2012	Wed	FA-North Rink	6:40:00 PM	7:40:00 PM	Peewee 3 on 3
8/6/2012	Mon	FA-North Rink	8:50:00 PM	9:50:00 PM	Bantam 3 on 3	*****	9/5/2012	Wed	FA-North Rink	7:50:00 PM	8:50:00 PM	Bantam 3 on 3
8/8/2012	Wed	FA-North Rink	6:00:00 PM	7:00:00 PM	Squirt 3 on 3	*****	9/10/2012	Mon	FA-South Rink	6:30:00 PM	7:30:00 PM	Squirt 3 on 3
8/8/2012	Wed	FA-North Rink	7:10:00 PM	8:10:00 PM	Peewee 3 on 3	*****	9/10/2012	Mon	FA-South Rink	7:40:00 PM	8:40:00 PM	Peewee 3 on 3
8/8/2012	Wed	FA-North Rink	8:20:00 PM	9:20:00 PM	Bantam 3 on 3	*****	9/10/2012	Mon	FA-South Rink	8:50:00 PM	9:50:00 PM	Bantam 3 on 3
8/13/2012	Mon	FA-South Rink	6:30:00 PM	7:30:00 PM	Squirt 3 on 3	*****	9/12/2012	Wed	FA-South Rink	6:30:00 PM	7:30:00 PM	Squirt 3 on 3
8/13/2012	Mon	FA-South Rink	7:40:00 PM	8:40:00 PM	Peewee 3 on 3	*****	9/12/2012	Wed	FA-North Rink	6:40:00 PM	7:40:00 PM	Peewee 3 on 3
8/13/2012	Mon	FA-South Rink	8:50:00 PM	9:50:00 PM	Bantam 3 on 3	*****	9/12/2012	Wed	FA-North Rink	7:50:00 PM	8:50:00 PM	Bantam 3 on 3
8/15/2012	Wed	FA-North Rink	5:30:00 PM	6:30:00 PM	Squirt 3 on 3	*****	9/17/2012	Mon	FA-North Rink	5:30:00 PM	6:30:00 PM	Squirt 3 on 3
8/15/2012	Wed	FA-North Rink	6:40:00 PM	7:40:00 PM	Peewee 3 on 3	*****	9/17/2012	Mon	FA-North Rink	6:40:00 PM	7:40:00 PM	Peewee 3 on 3
8/15/2012	Wed	FA-North Rink	7:50:00 PM	8:50:00 PM	Bantam 3 on 3	*****	9/17/2012	Mon	FA-North Rink	7:50:00 PM	8:50:00 PM	Bantam 3 on 3
8/20/2012	Mon	FA-North Rink	6:30:00 PM	7:30:00 PM	Squirt 3 on 3	*****	9/19/2012	Wed	FA-North Rink	5:30:00 PM	6:30:00 PM	Squirt 3 on 3
8/20/2012	Mon	FA-North Rink	7:40:00 PM	8:40:00 PM	Peewee 3 on 3	*****	9/19/2012	Wed	FA-North Rink	6:40:00 PM	7:40:00 PM	Peewee 3 on 3
8/20/2012	Mon	FA-North Rink	8:50:00 PM	9:50:00 PM	Bantam 3 on 3	*****	9/19/2012	Wed	FA-North Rink	7:50:00 PM	8:50:00 PM	Bantam 3 on 3
8/22/2012	Wed	FA-North Rink	5:30:00 PM	6:30:00 PM	Squirt 3 on 3	*****	9/24/2012	Mon	FA-North Rink	5:30:00 PM	6:30:00 PM	Squirt 3 on 3
8/22/2012	Wed	FA-North Rink	6:40:00 PM	7:40:00 PM	Peewee 3 on 3	*****	9/24/2012	Mon	FA-North Rink	6:40:00 PM	7:40:00 PM	Peewee 3 on 3
8/22/2012	Wed	FA-North Rink	7:50:00 PM	8:50:00 PM	Bantam 3 on 3	*****	9/24/2012	Mon	FA-North Rink	7:50:00 PM	8:50:00 PM	Bantam 3 on 3
8/27/2012	Mon	FA-North Rink	6:30:00 PM	7:30:00 PM	Squirt 3 on 3	*****	9/26/2012	Wed	FA-North Rink	5:30:00 PM	6:30:00 PM	Squirt 3 on 3
8/27/2012	Mon	FA-North Rink	7:40:00 PM	8:40:00 PM	Peewee 3 on 3	*****	9/26/2012	Wed	FA-North Rink	6:40:00 PM	7:40:00 PM	Peewee 3 on 3
8/27/2012	Mon	FA-North Rink	8:50:00 PM	9:50:00 PM	Bantam 3 on 3	*****	9/26/2012	Wed	FA-North Rink	7:50:00 PM	8:50:00 PM	Bantam 3 on 3