

HHS Medical Release and

Release of Liability:

I, hereby covenant and agree with HHS, the owners, employees, instructors and staff in any activities in which my son/daughter is a participant, to indemnify and hold harmless, each and every one of them from and against all claims, liability, loss cost, damage and expenses which may in any way arise out of, or in connection with, the use by him or her of such facilities, including without limitation all claims he/she might have for personal injury or property damages to him/her or so arising. I, hereby give consent to administer first aid and, if needed, transport to the nearest emergency medical facility.

Signature (parent/guardian):

Date: _____

Please note any medical conditions the staff should be aware of:

Please send to:

Coach Heenan
Utica College Hockey
1600 Burrstone Rd
Utica, NY 13502
(315) 792-3726

HHS 2009 Staff

Head Instructor: *Joe Palmer*

Current Division I Goaltender at Ohio State and Draft Pick of the Chicago Blackhawks. Former Goaltender of the USA National Junior Program

Additional Instructors Included

Varsity Goaltenders from:

Michigan, Ohio State, Colgate, Middlebury, Utica

Other College Level Goaltenders to be announced

**Contact Coach Heenan
for more info. @ (315)792-3726**

Heenan's Hockey Systems:

*"Skill Development Series" - Cicero, NY
(Wednesday's April - June)*

*"Skill Development Series" -Whitestown, NY
(Monday's April - June)*

*"The Goaltending Series" - Cicero, NY
(July 20th—July 24th)*

*"1 Week Camp" - Whitestown, NY
(July 13th — July 17th)*

*"1 Week Camp" - Cicero, NY
(July 20th — July 24th)*

*"1 Week Camp" - Brighton, MI
(June 22nd — June 26th)*

*"The Power Skating Series" - Whitestown, NY
(Dates TBA)*

**Contact Coach Heenan for more info. @
(315)792-3726 or gheenan@utica.edu**

Heenan's Hockey Systems^{LLC}

Presents...The

Joe Palmer

Goaltending Series

@ Cicero Twin Rinks

July 20th — July 24th

Ages 6—16 yrs.

**Want to play College Hockey?
...Then learn from College Coaches!**

**HHS
Intense Hockey Training**



- Coach Palmer believes in emphasizing the mental aspects of playing goal, while covering all fundamentals on the ice as well.
- “Positioning and Anticipating are the keys to good goaltending. A good goalie knows how to play as well as being physically prepared.”
- Coach Palmer and his staff will introduce, teach, then drill the proper techniques in goaltending.
- Each day will incorporate a new technique in a progressive manner.
- Coach Palmer is vocal and aggressive in his methods – “it’s old school.”
- Low student instructor ratio to insure your goaltender is getting the necessary attention to improve.



All sessions start promptly at 8:30am

Typical Day at HHS:

8:00 am: Arrival
 8:30 am-10:00 pm: On Ice
 10:30 am -11:30 pm: Off-Ice Hockey Circuit
 11:30 pm –12:00 pm Lunch
 12:30 pm -2:00 pm On Ice
 2:15 pm – 3:00 pm: Off-Ice Plyo-Workout

- ⇒ Lunch is **NOT** provided
- ⇒ Road Hockey Stick needed

The ice will be predominantly divided into 6 stations. 3 goaltenders will be at each station with one goaltender instructor. Only 18 Goaltenders will be accepted into the program. Each station will emphasize a different skill. Each station will have 3-5 shooters.

2009 Available Discounts:

Family Discount:

- 2 Children (same household) \$30 off each application
- 3 Children (same Household) \$60 off each application

Group Discount:

- 5 –9 Players \$15 off each application
- 10 or more Players \$30 off each application

ALL DISCOUNTED APPLICATIONS MUST ARRIVE TOGETHER IN ORDER FOR DISCOUNTS TO APPLY

ONLY 1 DISCOUNT APPLIES TO EACH APPLICATION

NOTE:

This program is aggressively taught. Players are pushed hard to their limits and beyond. This is designed to better the player’s ability not to be “just fun”. Athletes are expected to work hard and follow instructions. This is not a program for those that are not focused on significantly improving. Coach Heenan will remove those athletes that distract from the system’s intensity.



The Goaltending Series @ Cicero Twin Rinks (July 20th—July 24th)

Please send application with payment of \$350.00 Please make check payable to: Heenan’s Hockey Systems (\$100 due by July 1 , balance due at registration)

Name _____

Address _____

City _____ State _____ ZIP _____

Phone _____

Age _____ Level _____

Position _____ Organization _____

T-Shirt Size (circle one): Adult: S M L XL or Youth: S M L XL

Discounts (if applicable please check one)

Family Discount: 2 children 3 or more children

Group Discount: 5—9 players 10 or more players

Any questions, please contact Coach Heenan @ (315)792-3726