

2019 BRONCOS SUMMER SKATE/STRENGTH and AGILITY PROGRAM

Broncos Varsity Head Coach and Hockey Director Steve Martins will be running his annual Broncos Hockey Summer Skates starting July 9th. Off-ice strength and agility training will be an integral part of the summer skate program again this year. Brian Leseur will strengthen core and lower body muscle groups using at the off-ice YJ Hockey Training Facility in Crystal Lake. On ice sessions will focus on 40 minutes of intense skill development followed by small area/full ice games. Player groupings will be announced once player numbers are finalized.

Program dates: July 9th – August 8th

Tuesdays/Thursdays:

Group 1

Strength and Agility Training - 7:10-8:10pm

On-Ice - 8:30-9:30pm

Group 2

On-Ice - 7:20-8:20pm

Strength and Agility Training - 8:30-9:30pm

Location: Crystal Ice House YJ Hockey Training Facility
 320 E Prairie St, Crystal Lake 370 E Prairie St, Crystal Lake

Fee: Registration and Payment Received Before June 20th \$400 On-ice / \$200 Off-ice
Registration and Payment Received *AFTER* June 20th Add \$50 LATE Fee

Players can sign up for individual programs (See attached registration form)

Goalies On-Ice fee: \$200, Off-ice \$200

The required forms and payments are:

1. Checks made out to Steve Martins.
2. A completed 2019 BRONCOS SUMMER SKATE/STRENGTH and AGILITY REGISTRATION FORM

Please send registration forms and payment to address below no later than June 20th

Broncos Summer Skate
22475 N. Linden Dr.
Lake Barrington, Illinois 60010

For additional information, please contact Steve Martins directly at 847-558-9199 or
Martins72@sbcglobal.net.

**2019 BRONCOS SUMMER SKATE/STRENGTH
and AGILTY REGISTRATION FORM**

Please Circle ONE:

<u>PLAYER</u>		
Summer Skate & Strength and Agility \$600*	Summer Skate ONLY \$400*	Strength and Agility ONLY \$200*

<u>GOALIE</u>		
Summer Skate & Strength and Agility \$400*	Summer Skate ONLY \$200*	Strength and Agility ONLY \$200*

Player Name: _____

Player Address: _____

Player Cell Phone _____ Player E-Mail: _____

Player Date of Birth _____ Player Position: _____

Player 2018-2019 Hockey Organization: _____ Level: _____

Other Sports Played: _____ Player Grade (Fall 2019): _____

USA Hockey # _____

Parent/Guardian I Information

Parent/Guardian II Information

Name: _____

Name: _____

Cell Phone: _____

Cell Phone: _____

Home Phone: _____

Home Phone: _____

Work Phone: _____

Work Phone: _____

Email: _____

Email: _____

*Registration Forms and Payments must be received no later than June 20th to be guaranteed a spot in the summer skate/strength and agility program. All payments received after June 20th must include a \$50 late registration fee.

**ACCIDENT WAIVER AND RELEASE OF
LIABILITY FORM**

I hereby assume all of the risks of participating in the 2019 Broncos Summer Skate/Strength and Agility Program, Including by way of example and not limitation, any risks that may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them, or because of their possible liability without fault.

I certify that I am physically fit and have not been advised to not participate by a qualified medical professional. I certify that there are no health-related reasons or problems which preclude my participation in the 2019 Broncos Summer Skate/Strength and Agility Program. I acknowledge that this Accident Waiver and Release of Liability Form will be used by the organizers of the 2019 Broncos Summer Skate/Strength and Agility Program in which I may participate and that it will govern my actions and responsibilities.

In consideration of my application and permitting me to participate in the 2019 Broncos Summer Skate/Strength and Agility Program, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows:

(A) I WAIVE, RELEASE, AND DISCHARGE from any and all liability, including but not limited to, liability arising from the negligence or fault of the entities or persons released, for my death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter occur to me including my traveling to and from this 2019 Broncos Summer Skate/Strength and Agility Program . THE FOLLOWING ENTITIES OR PERSONS: 2019 Broncos Summer Skate/Strength and Agility Program, Steve Martins, Barrington Broncos Hockey Club, and/or their coaches, agents, representatives or volunteers.

(B) I INDEMNIFY, HOLD HARMLESS, AND PROMISE NOT TO SUE the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in the 2019 Broncos Summer Skate/Strength and Agility Program, whether caused by negligence or otherwise.

I acknowledge that this 2019 Broncos Summer Skate/Strength and Agility Program may carry with it the potential for death, serious injury, and personal loss. The risks may include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of participants, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, and lack of hydration.

I CERTIFY THAT I HAVE READ THIS DOCUMENT, AND I FULLY UNDERSTAND ITS CONTENT. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT AND I SIGN IT ON MY OWN FREE WILL.

Print Participant's Name _____ Age _____

Signature (if under 18 years Parent or Guardian must sign) _____ Date _____

PARENT/GUARDIAN WAIVER FOR MINORS (under 18 years old)

The Undersigned parent and or natural guardian does hereby represent that he/she is, in fact, acting in such capacity, has consented to his/her child or ward's participation in the 2019 Broncos Summer Skate/Strength and Agility Program, and has agreed individually and on behalf of the child or ward, to the terms of the accident waiver and release of liability set forth above. The undersigned parent or guardian further agrees to save and hold harmless and indemnify each and all parties referred to above from all liability, loss, cost, claim, or damage whatsoever which may be imposed upon said parties because of any defect on lack of such capacity to so act and release said parties on behalf of the minor and the parents or legal guardian.

Print Participant's Name _____ Age _____

Signature (if under 18 years Parent or Guardian must sign) _____ Date _____