

Ice and Dry land Training Times

Tuesday, Thursday, Friday

ICE

8:00am-9:00am Bantam/H. S.

9:10am-10:10am PeeWees

****16 Hours Total***

Dry Land

9:20am-10:20am Bantam/H.S.

8:00am-8:50am PeeWees

****16 Hours Total***

***All on ice and off ice instruction
will be provided by MAP South
Hockey staff members.***

***All training will take place at
WSP Ice Arena and Local Parks***

Contact Information

***For more information
contact Stephanie Osborn
stephanie.osborn@mapsouthhockey.com***

Camp Dates

June 18 - July 30

***Week of the 4th off (June
29-July 5)***

Player Ages

***Second year peewees
First year bantams***

****Limit to 30 in each group. Placements
can be determined by Sibley staff
which best fits your child***

Cost

\$475.00

Family discount

\$750.00



***Sibley Summer
Hockey Training
Program
Powered by:***

MAP South Hockey



Consent and Liability Form

NO PLAYER MAY PARTICIPATE IN CAMP WITHOUT THIS SIGNED FORM ON FILE INFORMED CONSENT AND LIABILITY

I recognize that there are certain risks, which are inherent in ice hockey activities. I further recognize that these risks cannot be eliminated regard- less of the care taken to avoid injuries. On my own behalf, and on behalf of my child and on behalf of my successors, representatives, family, Heirs, assigns, and estates, I acknowledge and understand that the decision to participate in the camp places the child at risk of serious injury, illness, and liability. I voluntarily accept and assume all risks arising out of my child's participation in the camp's activities, including, but not limited to property damage, personal injury, and death. I request that my child (identified above) be permitted to participate in an activity and agree to the following: In consideration for my child's participation in this activity, on behalf of myself and my child, I waive, release, discharge, indemnify, and hold harmless the Camp, coaches, volunteers, employees and agents from all liability, claims, cost and expenses arising out of these activities which may result in injury or illness to my child. I further agree that MAP South or any of the coaching staff is authorized to obtain and authorize emergency medical treatment for my child up to and including emergency hospitalization. I agree to be personally responsible for any related medical expense. I also release camp staff from any claims for the loss of personal property.

Dry Land Training Includes:

- **Discipline instruction**
- **Team work activities**
- **Balance training**
- **Coordination training**
- **Strength training appropriate for different ages**
- **Footwork activities**
- **Teaching of proper athletic positioning**
- **Flexibility training**
- **Nutrition**
- **Positive / completive mindset training**
- **Book readings**
- **Competition games**
- **Street hockey**

On Ice Training Includes

- **Skating edge work**
- **Power skating**
- **Passing training**
- **Stick handling training**
- **Shooting training**
- **Position specific training**
- **Puck control**
- **Small area competition**
- **Checking and technique**
- **Puck protection**

Camp Mission

To get kids to try their best and understand that their mind is so very powerful, and with practice and effort, you can become better at whatever you do.

Registration

Please Click on the following the links for registration

[Sibley Summer Training PeeWee and Bantam](#)

[Sibley Summer Training Bantam and High School](#)

***T-Shirt and Jersey Included**