



Des Moines Capitals Youth Hockey Clinic

December 26, 2019

2:45-3:45

Mite, Squirt and Pee wee age groups

Des Moines Buccaneers Arena

Come to the clinic and the game to cheer on the Des Moines Capitals high school hockey team!
On ice drills and games for both skaters and goalies during clinic.

Registration Fee of \$25 (or \$37 with a Capital's T-shirt) includes.....

- One hour hockey clinic with the DM Capital coaches and several players
- Players will be divided into age groups
- Free admission for the whole family to any remaining Capital's home game
- Questions? Kristen.e.brownell@pjc.com

Complete this registration by Friday, December 12th to secure your spot. Space is limited.

Player Name _____

Age group ___ Mite ___ Squirt ___ Pee wee

Parent Name, phone, and e-mail _____

Registration without T-Shirt \$25 _____

Registration with T-Shirt \$37 _____ Circle size YS YM YL AS AM AL

Send check (Payable to Des Moines Capitals) and registration by December 12th to:
Kristen Brownell / 16831 Alpine Ct. / Clive, IA 50325 / Kristen.e.brownell@pjc.com



Event Waiver

On behalf of (name of participant) _____
entering the Capitals Youth Hockey Clinic, he/she agrees to abide by its rules and
those of USA Hockey.

I understand and appreciate that participation in/or observation of the sport
constitutes a risk of serious injury, including paralyzed or death. I voluntarily
and knowingly recognize, accept and assume this risk and release the DES
MOINES CAPITALS HOCKEY CLUB, coaches, managers and directors from any
liability here after.

By signing and dating below, I understand and accept all of the separate waiver
agreements above.

Date _____

Print Name _____

Signature _____



Des Moines Capitals Remaining Home Games

Des Moines Buccaneers Arena

Present this flyer for free admission for the whole family to a game!

Vs. Mason City Mohawks

Thursday, January 2, 2020, JV 5:00pm, Varsity 7:00pm

Vs. Waterloo Warriors

Saturday, January 18, 2020, JV 6:00pm, Varsity 8:00pm

Sunday, January 19, 2020, JV 10:00am, Varsity 12:00pm

Vs. Kansas City Jets

Friday, January 31, 2020, JV 5:00pm, Varsity 7:00pm

Vs. Sioux City Metros

Saturday, February 1, 2020, JV 6:00pm, Varsity 8:00pm

Sunday, February 2, 2020, JV 10:00am, Varsity 12:00pm

Vs. Ames Little Cyclones

Tuesday, February 4, 2020, JV 5:00pm, Varsity 7:00pm

Vs. Des Moines Oakleafs

Thursday, February 13, 2020, JV 6:00pm, Varsity 8:00pm

Vs. Cedar Rapids Rough Riders

Saturday, February 29, 2020, JV 5:00pm, Varsity 7:00pm

Sunday, March 1, 2020, JV 10:00am, Varsity 12:00pm