

COMPETITORS
EDGE
CLINIC



8116 Church Road * Elkins Park, PA
At the corner of Church Rd & Old York Road (Rt. 611)

215.635.0331

www.ojrsc.org

Come Celebrate the Memories! 1956 - 2010

Coach Justin Adamski has been with the Raiders program for many years, both as player and coach. Coach Adamski's Competitors Edge Clinic is designed to improve the individual skill set of participating players with an emphasis on *skating acceleration, skating strength* and *on-ice agility*. Progression drills and quality repetitions are the key to developing stronger techniques. This will give the PeeWee age and up players an "in season" competitive edge on the competition.

Clinic Benefits



- * Explosive Starts
- * Acceleration - Changing gears
- * Stride Corrections
- * Edge Work - Strength and Balance



Players will learn proper techniques and be corrected out of bad habits. Stick work exercises will include: Positioning, Quick Stick, Strength, Touch and Shooting

Session Dates & Times

Tuesdays : 6:10 - 7:10 PM Pee Wee and Above

Spring I: March 16 - April 6, 2010 - 4 Clinics for \$45

Spring II: April 13 - May 11, 2010 - 3 Clinics for \$35*

*No Clinic on 4/20 or 4/27

Players will be expected to participate in the clinic with **Full Equipment** and encouraged to bring their own water bottle - **COME READY TO WORK!**

2010 Competitors Edge Clinic: Spring I; 4 Clinics: \$45 Spring II; 3 Clinics: \$35 All Walk-Ins: \$20

Participant's Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Birth Date: _____ Age: _____

Home Phone: _____ Work Phone: _____

Contact Name: _____ E-Mail: _____

Please make checks payable to *THE RINK AT OLD YORK ROAD*

Payment Options (Circle One): Cash Check Money Order Visa Amex Master Card

Credit Card #: _____ Exp. Date: _____ Signature: _____

PARENTAL CONSENT: IN CONSIDERATION OF THE PLAYERS AND HIS OR HER PARENT(S) BEING PERMITTED TO REGISTER THE PARTICIPANT IN FOR THE AFOREMENTIONED CLINIC WE DO HEREBY FOREVER RELEASE AND DISCHARGE THE RINK AT OLD YORK ROAD AND YORK ROAD RECREATION, INC., ITS OFFICERS, AGENTS, EMPLOYEES AND ANY PERSON, PARTNERSHIP OR CORPORATION CONNECTED HEREWITH COLLECTIVELY "OYR" FROM ALL MANNER OF ACTION, INJURY, DAMAGES, COSTS, CLAIMS OR DEMANDS WHICH WE SHALL OR MAY HEREAFTER HAVE SUFFER OR RECEIVE BY REASON OF SUCH PARTICIPATION IN CLINIC. THIS RELEASE SHALL BE BINDING ON OUR HEIRS, SUCCESSORS, ASSIGNS, EXECUTORS AND ADMINISTRATORS. BOTH PLAYER AND PARENT AGREE TO ABIDE BY PROCEDURES, POLICIES, RULES AND PARENT AND PLAYER CODE OF CONDUCT AS WELL AS USA HOCKEY'S ZERO TOLERANCE POLICY.

Signature of Parent or Guardian

Date