

## PLAYER APPLICATION FORM

Player Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_

Birthdate: \_\_\_\_\_

Parent or Guardian

Name: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Clinic Cost is \$225 (hst included)

To register please fill this form out, email it and send etransfer to:

[niagaranationals Hockey@gmail.com](mailto:niagaranationals Hockey@gmail.com)

Or you can mail form and cheque made out to:

**Niagara Nationals**  
1165 Diltz Rd.  
Dunnville, ON N1A 2W2

### RELEASE INDEMNITY

In consideration of acceptance as a student, we agree to release Niagara Nationals and its employees from all claims, actions, causes of action, damages and demands by the undersigned applicant, their parents/guardians for loss or injury resulting directly from the participation of such applicant in this program. We further agree to indemnify and save harmless such parties from all claims, actions, damages or demands, including costs and expenses incurred in defending such claims or actions. We have read the release of all claims for injuries and damages sustained in the Niagara Nationals camp and have read over the agreement and understand the responsibilities we have assumed here – under.

Parent/Guardian Name \_\_\_\_\_

Player Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_



## 14th Annual Body Contact Clinic

### LOCATION:

Haldimand County Caledonia Centre  
100 Haddington St. Caledonia, ON

### DATES:

Fri April 24 (7pm – 9pm)  
Sat April 25 (1130am – 130pm)  
Sun April 26 (1130am – 130pm)

COST: \$225 (hst included)

AGES: 2012, 2013, 2014 birth years

**Limited availability. First come first serve basis!!!**

### Program Objectives

- Body Positioning
- Balance
- How to give and receive a check
- Improving decision making with the puck
- Learning to play with your head up
- Understanding the consequences of delivering bad checks
- Working on how to use your body effectively

## Head Instructor

Scott Barnes



Pro Teams

Olympia Heist Op  
Den Berg (Belgium)

Dundee Stars (UK)

Youngstown  
Steelhounds (CHL)

Oklahoma City  
Blazers (CHL)

Muskegon Fury  
(UHL)

- 14 years' experience teaching Body Contact
- Current Owner/President of Port Colborne Sailors
- 20 years' experience in Hockey Development and Coaching
- Former Pro player
- Has worked with over 200 players who have been drafted, signed or played in OHL, NCAA, or Pro

**For more info please contact  
Jay @ 905-379-2811  
Or  
Scott @ 289-377-8305**

This year players born in 2013 are entering body contact at U14. A course on the principles of hitting can be very useful and should be mandatory. Also for 2012 players entering U15 a course like this can help them learn how to use their bodies more effectively. Lastly for 2014 born players it is never too early to learn the basic fundamentals of angling and how to give and receive a hit.



## Clinic Info

This 6 hour clinic will teach players how to give and receive a body check properly and how to use angling and puck retrieval techniques to their advantage. We will implement game like scenarios for players to understand why exactly body checking is important. These skills are critical for those who are entering a league which permits body checking and will help them avoid injury, play within the rules of the game and be a physical factor to each and every game they play in.

Body contact is an element of hockey that is both loved and hated. It is the same component that has a history of simultaneously gaining respect for hockey players while tarnishing the game's image. Body contact and physical play are important parts of hockey, they always have been, and always will be.

The introduction of "checking" is rightfully an uncomfortable time for parents and players alike. Each year, many young hockey players are injured, sometimes seriously. Many of these injuries can be prevented and it all starts with learning the proper techniques to body contact.

After this clinic, our goal is for each player to understand why they hit, how to hit, how to take a hit, where the danger zones are and to respect their opponents and recognize when they should not make the hit.