



2017 Pro Hockey Clinic will consist of...

- **POWER SKATING** - Explosive Skating, Increase Stride Length, Power and Efficiency, Forward & Backward strides, Starts, Power turns, Agility, Lateral Mobility, Speed, Transitions, Acceleration and Confidence.
- **STICK HANDLING** - Creative Puck Control, Develop soft/creative hands, Effective moves, wide reach, agility and control with the puck.
- **PASSING** - forehand, backhand, one-touch, saucer, cycling and develop your on ice vision and ability to find passing lanes and open ice.
- **SCORING STRATEGIES** - Dokes, Tips, Rebounds, Wrist shot, Snap shot, Slap shot, One-timers, Shoot to SCORE!
- **TEAM STRATEGY** - Read the ENTIRE ice, on ice vision & awareness, passing lanes, be effective away from the puck, odd man rushes, breakouts.
- **BODY CONTACT** - Control your opponent, Giving & receiving body contact, Play along the boards, Gap control, Do's and Don'ts.
- **FG FITNESS CENTRE WORKOUTS** - Specific training programmes set in place for you to follow throughout the coming season
- **DRYLAND TRAINING GAIN THE EDGE** - Proven off-ice hockey specific training exercises to develop quick feet, leg strength, shooting accuracy, aerobic capacity and endurance.
- **PRE SEASON OPPORTUNITIES** – the Past three year's have seen a handful of students earn the opportunity to start the season with the Pro's at the Nottingham Panthers



Clarke & Co Hockey Clinics reserve the right to cancel the camp at any time, full refunds will be given in this eventuality.



The Clarke and Co. Pro Hockey Clinic

**The National Ice Centre, Nottingham
31st July to 4th August 2017**

The cost is £475 per person with a deposit of £175

The Pro Hockey Clinic is open to boys and girls ages 15 to 19

**Please read and complete the form
overleaf and return to
David Clarke and Co Hockey Clinic**

Clarke and Co Clinic staff feature:

David Clarke (Nottingham Panthers), Jon Kynaston (Peterborough Phantoms), Corey Neilson (head coach Nottingham Panthers), Stevie Lee (Nottingham Panthers), Mark Beggs (Head of GB talent identification), Robert Farmer (Nottingham Panthers) Jonathan Phillips (Sheffield Steelers), Luke Ferrara (Sheffield Steelers), Ollie Betteridge (Nottingham Panthers), Dan Green (Nottingham Panthers) plus more to be confirmed.

Many of the above instructors have represented their country on many occasions at all levels and can boast at winning major silverware in the British game.

For further information please contact David Clarke by email at info@clarkeandcohockey.co.uk

Clarke and Co Pro Hockey Clinic Enrolment Form
Clinic Date: 31st July to 4th August 2017 (Nottingham)

Student Name Age.....

Parent/Guardian Name

Address

..... Post Code.....

Phone Number Email Address.....

Please complete: I DO / DO NOT consent to photographs of my child on the Clarke and Co Hockey Clinic being used for promotions purposes.

Select Jersey Size - Large, XL, XXL, XXXL, XXXXL (shirt manufacturer Rhino Sports)

Current Club of Student.....

Age Group of Student..... Years playing Hockey.....

Playing Position of Student.....

Student Playing Registration Number

Student Conference / International Experience.....

Emergency Contact Details

Name of person to contact in an emergency

Phone Number

Relationship to student.....

Cost of Clinic is £475. This money must be paid 21 days before the Clinic commences. Please enclose either full payment or an initial deposit of £175 to secure a place on the Clinic.

Payment can be made either by Cheque or Online, see below for details...

Cheques made payable to: Clarke & Co Hockey. Please send cheque payments to: David Clarke, Apartment 10, Forman House, Hucknell Road, Nottingham NG5 1QZ

Cheque Payment enclosed : Full Payment: YES / NO Deposit Payment: YES / NO

Bank Transfer information:

Please use Student Name as reference

Account Name: Clarke & Co Hockey Account No. 53199657 Sort Code 20-67-40

Full Online Payment: YES / NO Online Deposit: YES / NO

Medical Records

Have you ever suffered from the following?

Asthma YES / NO Diabetes YES / NO

Epilepsy YES / NO Heart Complaints YES / NO

Are you required to have medication with you when taking

part in sport? YES / NO

If Yes, what kind

Do you have any allergies YES / NO

If yes, please specify

Diet Restrictions YES / NO

If yes, please specify

Have you had any injuries to the head? YES / NO

If yes, how long ago?.....

Where you unconscious? YES / NO

If yes, for how long? Hours..... Days.....

Do you have any other illness/ injuries that may affect participation YES / NO

If yes, please specify

Have you had the following inoculations?

Tetanus YES / NO Smallpox YES / NO

BCG YES / NO Hepatitis YES / NO

Polio YES / NO

Signed Date

Print Name

Relationship to student

If under 18 years of age, a parent or guardian must sign above, please state relationship to applicant.

The above medical information will be retained in confidential files and is for use in emergencies only.

The applicant named on this application form agrees that the Clarke and Co hockey clinic as well as The National Ice Centre and their staff shall not be held responsible or liable for any injury, loss or other damages resulting from any cause whatsoever, negligent or otherwise, while in attendance or while on the premises and agrees to release Clarke and Co Hockey clinic as well as The National Ice Centre and their staff from all claims, damages and cost resulting there from.