

PARENTAL CONSENT AND INDEMNIFICATION AGREEMENT In consideration of participating in activities, I represent that I understand the nature of figure skating activities ("activity") and that I am qualified, in good health and in proper physical condition to participate in such "activity". I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the "activity". I fully understand that this "activity" involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of others participating in the "activity", the conditions in which the "activity" takes place, or the negligence of the "releasees" named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the "activity". I, the minor's parent and/or legal guardian, understand the nature of the above referenced activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such "activity". I hereby release, discharge, covenant not to sue and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to have been caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claims against any of the above Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or cost any Releasees may incur as the result of any such claim.

PARENT SIGNATURE _____

DATE _____



4292 Fairground Dr.

Cortland, NY 13045

(607)753-8100

www.jmmcomplex.com

J.M. McDonald Sports Complex

TOTAL HOCKEY EXPERIENCE

July 19th-July 23rd, 2021



Total Hockey Experience will be hosted by a group of veteran hockey coaches, including SUNY Cortland's Men's assistant coach Stephen Castriota, with help from local high school players.

Participants will get:

1.25 hours of skill work each morning (stickhandling, shooting, passing, skating)

1.5 hours of live gameplay every day.

30 minutes of off ice conditioning and 30 minutes of off ice games (handball, soccer, dodgeball) each day.

Each age group will be split into teams after day one, representing popular professional and amateur hockey teams. Week-long results will culminate into a final tournament style finish on Friday.

We will be sure to provide a great experience for all hockey players (competitive and recreational). This will be a great opportunity for improvement in the off-season in a fun environment.

What to Bring

- All Equipment
- Water bottle (no glass)
- LUNCH & Snacks
- Work out clothing
- Sneakers

Mite & Squirt

8:30am-9:00am: Drop Off

9:00am-10:15am: On Ice (Skills)

10:30am-11:00am: Off Ice (Conditioning)

11:00am-11:15am: Water Break

11:15am-11:45am: Off Ice (Games)

11:45am-12:45pm: Lunch Break

1:00pm-2:30pm: On Ice (Gameplay)

2:30pm-3:00pm: Cooldown/Review

3:00pm: Pickup

Pee-Wee & Bantam

10:00am-10:30am: Drop Off

10:30am-11:45am: On Ice (Skills)

12:00pm-12:30pm: Off Ice (Conditioning)

12:30pm-12:45pm: Water Break

12:45pm-1:30pm: Off Ice (Games)

1:30pm-2:30pm: Lunch Break

2:45pm-4:15pm: On Ice (Gameplay)

4:15pm-4:45pm: Cooldown/Review

4:45pm: Pickup

CAMP DATES:

July 19th-July 23rd, 2021

\$125/player

\$100 for members of CCYHA

Name _____

Address _____

Phone _____

Email _____

Association _____

Level _____

PAYMENT:

Cash _____

Check _____ **Check Number** _____

Credit/Debit _____

Name on Card _____

Card Number _____

Exp. Date _____ **CVC Code** _____

***Please make checks payable to:
Cortland Sports Complex, Inc.**

