

2009



Limited Spots.
Applications accepted by date.

The Bog

186 Summer St Kingston, MA
Route 3 to exit 10

May 7th - June 18th
7 weeks
Thursdays

6:00 - 6:50pm Beginner, Instructional & Mites
7:00 - 8:00pm Squirts, Pee Wees, Bantams

Hockey Director
Bob Hayden



www.WinterlandSkatingSchool.com
781 740-2255

 Return to:
Hockey Jump Start
PO Box 355
Rockland, MA 02370

Clip and return this form.
2009 Hockey Jump Start at the Bog
May 7 to June 18 (7 weeks)

Limited Spots. Applications will be accepted by date received.
Make check payable to Hockey Jump Start. We also accept Visa & M/C. No refunds.
Return this form with check to Hockey Jump Start c/o Winterland, PO Box 355, Rockland, MA 02370

Name _____ Age _____ DOB _____ Hockey shirt included: Size _____
 Address _____ City _____ Zip _____
 Hockey Level: Beginner _____ Instructional _____ Mike _____ Time: 6:00 - 6:50pm \$155
 Hockey Level: Bantam _____ PeeWee _____ Squirt _____ Time: 7:00 - 8:00pm \$155
 Parents _____ Phone _____
 Email _____ Amount Enclosed _____
 Signature _____ Date _____

Release: I assume all risks and hazards incidental to the conduct of these activities. I do further release, indemnify and hold harmless the Winterland Skating School, the Rockland Rink, its assigns, sponsors, coaches and staff in the case of injury incurred before, at or after said activities.

Professional Staff

Jump Start Coaches are experienced at all levels of hockey:

Bob Hayden

Plattsburgh State Captain / NCAA Champions

Kevin Duff

Curry College (Rookie of Year)
Coach Hingham High School
Director Weymouth YH Mites

Mary Sullivan

Senior Staff Coach Winterland Skating School
and South Shore Skating Club

Dan Griffin

Boston College
Coach: Bay State Breakers/ SS Eagles

Mike Flaherty

University of Conn. (Captain)
Head Coach Rockland High School
Coach Bay State Breakers

Dan Connolly

Head Coach Marshfield High School
2006 State Champions

Chris Donato

Williams College (Captain, Athlete of Year)
Coach Bay State Breakers Girls Team

Mike Joy

Plattsburgh State
Framingham State (Captain)

Mike Gervasi

Boston College (NCAA Frozen Four)

Joe Bevilacqua

Plattsburgh State

Rich Higgins

Coach Weymouth High School

Brian Pineau

Skills Coach SS Eagles



Advanced Level 7:00 - 8:00pm

Bantams, Pee Wees, & Squirts

This session is for players who want to take their game to the next level. There will be a focus on strong skating skills, speed, puck control, shooting, passing, positioning as well as 3 on 3 cross ice scrimmaging and various small games.

Players will gain the skills to be a great player and the smarts and hockey sense necessary to be responsible in game situations.

Learn to angle and check safely, effectively, and "legally" (for players who will be exposed to checking next season)

The Staff will teach the older players in this session how to:

- Angle the opposing player off the puck effectively and safely.
- Receive a body check safely.
- Be "strong on the puck" maintaining puck possession during contact.
- Score goals "in traffic".
- Develop a quick puck shooting release.
- What to do during critical face-offs in all areas of the ice.
- How to be smart and responsible in critical situations of a hockey game.

Goalies:

Our Goalie Coach will spend time each class with the goalies working on saves, rebounds, angles, and puck control.

Beginners, Mites & Instructional 6 - 6:50pm

Skaters must already have their basic skating skills. This is not a Learn to Skate Session.

Who is eligible?

Skaters with basic skating skills who want to learn how to play hockey. Also, Instructional players who will be playing on a team in the Fall. Advanced Mite players who want to sharpen their skills and improve their all around game for next season.

Players will be grouped by age and ability. Each player will be placed in a group that fits his or her skill level to ensure that the player is challenged, yet not intimidated.

Hockey Skills Plus

First and foremost, the number one skill that hockey coaches look for in try-outs is skating. That will be our primary focus.

Learn advanced skating drills from the top Professionals. Players will be taught the proper way to push off blade to get maximum speed. Other drills will include front and back cross-overs, backwards skating, pivots, edges, quick turns, stops, and transitioning.

General Information:

Jump Start sells out every year.
Limited Spots.
Applications accepted by date.

Equipment & Cost:

All skaters will need full hockey gear.

Squirt, Pee Wee, Bantam:	\$155.00
Beginner, Instructional, Mites:	\$155.00
Goaltender:	\$80.00

10% discount for additional family members.
No refunds.

*Includes Hockey Shirt and
Trophy Ceremony for all players.