

TWIST'S SPRING & SUMMER 2011 HIGH PERFORMANCE HOCKEY CAMP REGISTRATION FORM

PRINT
VERSION

Once you have completed both pages of this registration form please fax or mail to: Twist Sport Conditioning Centre Whitby 104 Byron Street South, Ontario L1N 4P4
 • Fax: 905-217-0666 • Method of payment: Visa, Mastercard or Cheque (payable to Twist Sport Conditioning Centre Whitby) • Register as soon as possible as the number of participants in each group, in each camp, is limited! • Questions? Call: 905-217-0664 or email train@twistwhitby.com

SPRING PROGRAM

Please check your division. Divisions are based on your 2010/11 team: Pro OHL/NCAA Tier II
 Midget Elite (93, 94, 95) Bantam Elite ('96, '97) Pee Wee ('98, '99) Atom ('00, '01) Female

TOTALS

Full Elite Spring Program JR/College/Midget/Bantam Bantam \$1100 Before March 1 (\$1250 after March 1),
 Pee Wee \$1050 before (\$1150 after March 1); Atom \$499 before \$599 after March 1

Full Elite Spring Total

Phase 1 \$399 (all groups except Atom), \$225 (Atom)

Phase 1 Total

Phase 2 \$399 (all groups except Atom), \$225 (Atom)

Phase 2 Total

Phase 3 JR/College/Midget/Bantam \$475, Pee-Wee \$399, Atom \$225

Phase 3 Total

SUMMER PROGRAMS

Please check your division. Divisions are based on your 2010/11 team: Pro (NHL, Semi-Pro) OHL / NCAA Tier II
 Midget Elite (93, 94, 95) Bantam Elite ('96, '97) Female Elite (Bantam-College)

Elite HP Camp Total

Elite HP 8 Week Camp \$2495 Before May 1; \$2795 after May 1 **Dryland Only** \$1800 Before May 1; \$2000 After May 1

Schedule of Weeks Week 1: Jun 27-30 (4 day wk) • Week 2: July 3-8 • Week 3: July 11-15 • Week 4: July 18-22 • Week 5: July 25-29 • Week 6:
 Aug 2-5 (4 day wk) • Week 7: Aug 8-12 • Week 8: Aug 15-19 • Speed & Conditioning Intensive Camps - Week 9: Aug 22-26, & Week 10: Aug 29-Sep 2

Weekly Full Program Wk 1 Wk 2 Wk 3 Wk 4 Wk 5 Wk 6 Wk 7 Wk 8

Weekly Full Total

Costs: Week 1 \$375; Weeks 2-4 \$425 ; Week 6 \$425 ; Weeks 5, 7, 8 \$475

Weekly On-Ice Camps Wk 1 Wk 2 Wk 3 Wk 4 Wk 5 Wk 6 Wk 7 Wk 8

Weekly Ice Total

Costs: Weeks 1-4 \$199/week Weeks 5-8 \$249

Weekly Dryland Camps Wk 1 Wk 2 Wk 3 Wk 4 Wk 5 Wk 6 Wk 7 Wk 8

Weekly Dryland Total

Costs: Weeks 1 and 6 \$240 Weeks 2,3,4,5,7,8 \$299/week

Other Weekly Camps Atom Camp \$325 Female Elite Camp \$475 Pee-Wee Elite \$475

Other Weekly Camp Total

Adult Pro-Hockey Experience (Aug 22-26) \$399 Speed & Conditioning Intensive Camps (Ice Only \$249, Dryland Only \$299, Full \$475)

TWIST DEVELOPMENT / ADDITIONAL SERVICES:

1-on-1 Dryland \$85 (\$75 for Elite 8 weekers) 1-on-1 On-Ice \$200/hr (\$190/hr Elite HP 8 Week Players) Testing and Functional Analysis \$225

Individual Take Home Program \$850

Development Total

Billeting available through Bowers Homestay Services at \$175 (placement fee) + \$250/week. Placement fee will be waived for 3+ weeks.

Note: we do not pro-rate programs for missed days

TOTALS SECTION

SUB TOTAL

TAX 13% HST

GRAND TOTAL

ATHLETE INFORMATION, WAIVER & SIGNATURE

Name Address City

Prov/State Postal/zip code: Country Phone Date of Birth

Email 2010 / 2011 Team: Position: Level

Payment Cheque VISA MC Card #: 3-Digit Code Expiry

CONDITIONS: All programs must be paid for in full upon registration. • Cancellation Policy: No refunds within 30 days to the start of your camp. In the event of an accident or injury, athletes must provide a medical statement from their doctor and will be provided a full credit minus a 10% administration fee. All cancellations outside of 30 days to the start of the camp date will be provided a refund minus a 10% administration fee. • TWIST CONDITIONING RESERVES THE RIGHT TO CANCEL, RE-GROUP OR RE-SCHEDULE PLAYERS BASED ON ABILITY AND ENROLMENT. • Thank you for choosing Twist's High Performance Hockey Conditioning Camps!

WAIVER: I certify that I am cognizant of all of the inherent dangers and risks associated with the participation in these programs. I agree that I shall provide health insurance or other applicable insurance to cover any personal injury or property damage sustained by the applicant while participating in Twist's High Performance Hockey Conditioning Camp, and ensure that the Applicant's training attire is in good working order. In consideration of the Applicant's participation in Twist's High Performance Hockey Conditioning Camps, the applicant agrees that Twist Sport Conditioning Inc., its principals, proprietors, employees, and participants will not be responsible for any accident of loss however caused. I hereby release the above parties from all claims, liabilities or damages that may arise as a result of such accident or loss.

SIGNATURE (Parent signature if under 18 years of age)

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Player Name Address
City Prov/State Postal/zip code Country
Home Phone Cell Phone Email
How did you hear about Twist Sport Conditioning
Date of Birth Height Weight
(2010/2011) Team Level Position
(2009/2010) Team Level Position

EMERGENCY CONTACTS

Emergency Contact (1) Phone Cell
Emergency Contact (2) Phone Cell
Physician's Name Phone Medical Number

INJURIES (PAST OR PRESENT)

Injury 1 Date
Injury 2 Date
Injury 3 Date
Allergies

PAR-Q – PLEASE CHECK YES OR NO FOR EACH QUESTION BELOW

- Yes No 1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
Yes No 2. Do you feel pain in your chest when you do physical activity?
Yes No 3. In the past month, have you had chest pain when you were not doing physical activity?
Yes No 4. Do you lose your balance because of dizziness or do you ever lose consciousness?
Yes No 5. Do you have a bone or a joint problem (for example, back knee, or hip) that could be made worse by a change in your physical activity?
Yes No 6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
Yes No 7. Do you know of any other reason why you should not do physical activity?

OFF-SEASON GOALS

Goal 1
Goal 2
Goal 3

PRINT-OUT AND SIGN YOUR COMPLETED AND AUTHORIZED REGISTRATION FORM

Please ensure you have completed both pages. Print-out and sign your name in the signing area on the previous page. Fax the completed and signed form to 905-217-0666 or mail your form to: Twist Sport Conditioning Centre Whitby 104 Byron Street South, Ontario L1N 4P4 • Thank you from Twist Sport Conditioning!



Whitby
www.twistwhitby.com
905-217-0664

We Build **SMART MUSCLE**®