

TWIST'S SPRING AND SUMMER 2010 HIGH PERFORMANCE HOCKEY CAMP REGISTRATION FORM (E-FORM)

Once you have completed both pages of this registration form click the e-mail button at the end of page 2 and your registration will be e-mailed directly to our Hockey Camp registrar • Method of payment: Visa, Mastercard or Cheque (Payable to Twist Sport Conditioning) • Register as soon as possible as the number of participants in each group, in each camp, is limited! • Questions? Phone: 905-217-0664 or Email: jrroux@twistwhitby.com. Our fax number is 905-217-0666.

SPRING PROGRAM

Please check your division. Divisions are based on your 2009/10 team: Pro OHL/NCAA/CIS Tier II/Junior
 Major Midget/Midget Elite (92, 93, 94) Bantam Elite (95,96) Pee-Wee (97, 98) Atom (99,00) Female

TOTALS

Full Elite Spring Program JR/College/Midget/Bantam \$1050 (\$1200 after March 15), Pee-Wee \$999 (\$1100 after March 15)
 Atom \$750 (\$850 after March 15) Female \$1150 (\$1200 after March 15)

Full Elite Spring Total

Phase 1 \$399 (all groups except Atom), \$299 (Atom)

Phase 1 Total

Phase 2 \$399 (all groups except Atom), \$299 (Atom)

Phase 2 Total

Phase 3 \$450 (all groups except Pee-Wee and Atom), Pee-Wee \$399, Atom \$299

Phase 3 Total

SUMMER PROGRAMS

Please check your division. Divisions are based on your 2009/10 team: Pro Junior/College

Major Midget/Midget Elite (92, 93, 94) Bantam Elite (95,96) Pee-Wee (97, 98) Atom (99,00) Female

Elite High Performance 8 Week Camp \$2495 (\$2795 after May 21)

Elite HP Camp Total

Schedule of Weeks Week 1: Jun 28-Jul 2 (4 day wk) • Week 2: July 5-9 • Week 3: July 12-16 • Week 4: July 19-23 • Week 5: July 26-30
 • Week 6: Aug 3-6 (4 day wk) • Week 7: Aug. 9-13 • Week 8: Aug. 16-20 • Week 9: Aug. 23-27

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

Costs: Weeks 1-4 \$425/week; Weeks 5-8 \$475/week

Weekly Full Total

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

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

Weekly Ice Total

Weekly Dryland Camps Wk 1 Wk 2 Wk 3 Wk 4 Wk 5 Wk 6 Wk 7 Wk 8 Wk 9

Costs: Weeks 2, 3, 4, 5, 7, 8, 9 \$299/week; Weeks 1 and 6 \$240/week

Weekly Dryland Total

Other Weekly Camps Atom Camp \$299 Female Elite Camp \$475 Pee-Wee Elite \$475

Adult Pro-Hockey Experience \$475 Gut Buster Camp (Ice-only \$249, Ice and Dryland \$475)

Other Weekly Camp Total

TWIST DEVELOPMENT SERVICES

1-on-1 Dryland \$75 (\$70 for Elite 8 weekers) 1-on-1 On-Ice \$75 + cost of ice rental Testing and Functional Analysis \$225

Individual Take Home Program \$749 Mental Training \$95/session or \$475/package Hockey Nutrition \$299

Development Total



SUB TOTAL

5% GST: Spring Reg. or Summer Reg. before May 1

13% HST: Summer Registrations after April 30

GRAND TOTAL

PERSONAL INFORMATION, WAIVER AND SIGNATURE

Name Address City

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

Email 2009 / 2010 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.

If you agree to the above terms please check the box and type your full name. If under 18 yrs this must be filled out by a parent or legal guardian.

Check box Type full name

TWIST HIGH PERFORMANCE HOCKEY CAMPS 2010 ATHLETE INTAKE FORM (E-FORM)

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
(2009/2010) Team Level Position
(2008/2009) 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

Please ensure you have completed both pages, typed your name in the signing area on the previous page, and checked the box to confirm signing. Thank you.

EMAIL YOUR COMPLETED FORM BY CLICKING ON BOX



We Build **SMART MUSCLE**®