

# SKATE FREDERICK & FREDERICK FURY PRE-TRYOUT CONDITIONING CAMP

**April 24th, 30th and  
May 1st**



	<u>Junior Group</u> (Mites & Squirts)	<u>Senior Group</u> (PWs, Bantams, Midgets)
Thursday 4/24	5:30-7:45 pm	7:00-9:30 pm
Wednesday 4/30	5:30-7:45 pm	7:00-9:30 pm
Thursday 5/01	5:30-7:45 pm	7:00-9:30 pm

*Please note:*  
Off-ice training is offered  
**Come dressed for dryland!**

*These 3 pre-tryout conditioning sessions will emphasize individual and team skills including skating, passing, shooting, gap control, body checking, positional play, different stopping techniques as well as game situations for goalies. These skills will be covered from the perspective of forwards, defensemen and goalies.*

*The skills will also be developed in a flow of high paced drills. After completion of these 3 sessions, the players will feel ready and more confident for the upcoming tryouts. In addition, off-ice training will be provided.*

**ALL 3 DAYS  
FOR ONLY  
\$90**

*While we highly recommend  
players attend all 3 days...  
a drop-in rate of \$40 per session is available*

*This camp will be presented by Skate Frederick's  
and Fury Hockey Director, Sylvain Cardin, Ph.D.*

For more information, call Hockey Director,  
Sylvain Cardin @ (301) 662-7362 ext. 17 or email  
@ skatefrederickhockey@comcast.net



# REGISTRATION

## PRE-TRYOUT CONDITIONING CAMP

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Please circle the appropriate group:

Junior (Mites & Squirts)

Senior (Peewees, Bantams, Midgets)

3 days \$90: \_\_\_\_\_

3 days \$90: \_\_\_\_\_

Drop-in \$40: \_\_\_\_\_

Drop-in \$40: \_\_\_\_\_

Payment Method: Cash: \_\_\_\_\_ Check# \_\_\_\_\_

Visa \_\_\_\_\_ exp: \_\_\_\_\_

Mastercard \_\_\_\_\_ exp \_\_\_\_\_

**RELEASE:** In consideration of the Participant being permitted to register and participate in ice skating at Skate Frederick LLC we do hereby forever release and discharge its Directors, Coaches, Agents, Employees and any person or corporation connected herewith from all manner of action, injury, damages, casts, claims or demands which we will shall or may hereafter have suffer or received by reason of such participant in any program at the center. The release shall be binding on our heirs, assigns, executors and administrators. It is further agreed that Skate Frederick shall not be considered to guarantee or warrant such equipment as may be used in the conducting of said ice skating activity. Skate Frederick LLC reserves the right to use any pictures taken during the skating activity for advertising and/or promotional purposes.

**I HAVE READ AND UNDERSTOOD ALL THE INFORMATION PRESENTED IN THIS FLYER.**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date