

"THE EDGE"

This Summer At The Rinx

DATES June 29 through August 21, 2009

ELIGIBILITY **Group I** – Squirt's and PeeWee travel players looking to go to a higher level

1hr off ice and 1¼hr on ice

Group II – Bantam and Midget travel players looking to go to a higher level.

1hr off ice and 1½hr on ice

Group III – **Junior Edge**, in conjunction with **BLUESTREAK Sports Training**

5 days- 3 off ice, 2 on ice. **Six week program! 7/6 to 8/14**

Group IV – College and Professional players, by invitation:

On Ice Only 5:30pm–7:00pm Six week program! 7/6 to

8/14

ALL GROUPS ARE LIMITED TO 24 ENROLLMENTS

SCHEDULE **Group I** – 11:45am-3:15pm; **Group II** – 1:45pm-5:45pm.

8 weeks of intensive workouts consisting of on and off ice sessions

Group III – Tues. & Thurs. On-Ice 3:45p – 5:15p

Off Ice at **Bluestreak** Mon.,Wed., Fri, 3:30p – 5:00p

Group IV – 5:30pm-7:00pm. 6 weeks of intensive on ice workouts.
(3 times per week, Mon., Wed., & Fri.)

COST **Groups I & II** 4 wk. min. enrollment for \$560.00. All 8 weeks for \$1000.00.

Group III – six week program for \$1050.00. Register at Bluestreak

Group IV - 4 wk min. enrollment for \$560.00. All 6 weeks for \$780.00.

REGISTRATION – ***First come first serve.*** A non-refundable deposit of \$100.00 is required at the time of sign-up. Payment in full is due June 15, 2009. Anyone signing up after the final payment date is required to pay in full at the time of sign-up.

NAME _____

HEIGHT _____ WEIGHT _____

ADDRESS _____

BIRTH

DATE ____/____/____

TEAM _____

2008-2009

TEL. NO. _____
(Circle One)

GROUP I II III IV

Check weeks player will be attending program: (Week 1 runs Mon., Wed. & Thurs do to the 4th of July)

WEEK 1 (6/29, 7/1, "7/2") _____ WEEK 2 (7/06, 7/08 , 7/10) _____ WEEK 3 (7/13, 7/15, 7/17) _____

WEEK 4 (7/20, 7/22, 7/24) _____ WEEK 5 (7/27, 7/29, 7/31) _____ WEEK 6 (8/03, 8/05, 8/07) _____

WEEK 7 (8/10, 8/12, 8/14) _____ WEEK 8 (8/17, 8/19, 8/21) _____

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