

## GROUP SCHEDULES

### JUS JORDAN ARENA IROQUOIS FALLS

#### GROUP "A" - NOVICE - \$100.00

(10 full hours of ice time)

Monday to Friday inclusive

8:30 AM to 9:30 AM - Instruction Session

2:20 PM to 3:20 PM - 3 vs. 3 "draft"

*Optional full day camp available in cooperation with the Town's Recreation Department - additional cost \$60.00  
Brochure available at [www.eskis.com](http://www.eskis.com)*

#### GROUP "B" - ATOM - \$125.00

(12 full hours of ice time)

Monday to Saturday inclusive\*

9:40 AM to 10:40 AM - Instruction Session

3:30 PM to 4:30 PM - 3 vs. 3 "draft"

*Optional full day camp available in cooperation with the Town's Recreation Department - additional cost \$60.00  
Brochure available at [www.eskis.com](http://www.eskis.com)*

#### GROUP "C" - PEE WEE - \$125.00

(12 full hours of ice time)

Monday to Saturday inclusive\*

10:50 AM to 11:50 AM - Jr A level Practice Session

4:40 PM to 5:40 PM - 3 vs. 3 "draft"

#### GROUP "D" - BANTAM - \$125.00

(12 full hours of ice time)

Monday to Saturday inclusive\*

Noon to 1:00 PM - Jr A level Practice Session

5:50 PM to 6:50 PM - 3 vs. 3 "draft"

#### GROUP "E" - MIDGET+ - \$125.00

(12 full hours of ice time)

Monday to Saturday inclusive\*

1:10 PM to 2:10 PM - Jr A level Practice Session

7:00 PM to 8:00 PM - 3 vs. 3 "draft"

\* Saturday ice times - ONE HOUR EARLIER

**REGISTER WITH THE GROUP YOU HOPE TO  
COMPETE WITH THIS COMING  
HOCKEY SEASON**

## Necessary Equipment

You will need to have the following equipment to participate in the Camp:

- Two jerseys (one white - one dark)
- Helmet with cage (*if applicable*)
- Mouthpiece
- Shoulder pads
- Elbow pads
- Hockey gloves
- Neck guard
- Hockey pants
- Hockey shin guards
- Protective cup
- Hockey stick and skates
- Personal water bottle

*All players will receive an authentic Abitibi Eskimos  
team t-shirt "Working together works"*



## Abitibi Eskimos

# 3 vs. 3

# HOCKEY

## "CONDITONING"

# CAMP

### AUGUST 16 - 21, 2010



**"A GREAT WAY TO  
PREPARE FOR THE  
UNCOMING HOCKEY  
SEASON"**

**SIGN UP TODAY**

**[WWW.ESKIS.COM](http://WWW.ESKIS.COM)**

# 3 vs. 3 & “Conditioning” Hockey Camp 2010



**Paul Gagne**  
Head Instructor  
Head Coach / GM  
Abitibi Eskimos

The Abitibi Eskimos Hockey Camp is a great late summer opportunity to learn more about the game of hockey, log quality ice time, and work with Eskimos players, alumni and coaches to prepare for the upcoming season.

The camp is open to boys and girls ages 7 and over.

**ALL skill levels are welcome!**

**Enrollment is limited to just 18 skaters and 2 goalies per group, so make sure to sign up early! FIRST COME FIRST SERVE.**

We have divided the camp into five Age-Groups; **Group A (Novice)**, **Group B (Atom)**, **Group C (Pee Wee)**, **Group D (Bantam)** and **Group E (Midget and older)**.

## COST

**Group A** - \$100.00 per player (full/10 hrs on-ice)

**Groups B to Group E** - \$125.00 per player (full/12 hrs on-ice)

See other side for complete schedule.

## Instruction Sessions

(Groups A and B only - morning skate)

- Condensed fast-paced program designed for younger players
- **Minimum** 3 on-ice instructors at all times
- All players, including goalies, will receive ample *individual* attention appropriate to skill level
- This is a fun-filled skill development program that will help foster a love for “our game”

## Jr A level Practice Sessions (Groups C, D and E only - morning skate)

- Flow drills
- Conditioning drills
- Substantial “get in shape” workouts

## 3 vs. 3 “draft” (all Groups - afternoon skate)

- teams selected *by the players* in a daily “fun” draft
- High tempo competition with focus on creativity
- No body contact permitted
- Line matching according to skill level
- two-minute buzzer - no whistles
- Supervised bench and on-ice

## Players will develop and have fun!

Head Instructor– **Paul Gagne**, 10-year Head Coach and General Manager of the Abitibi Eskimos. Paul played 400 NHL games followed by a successful 10 year stint in Europe as a professional player and head coach. Other instructors will include former and present Eskimo Junior A players.

For more **Information** please call Team President Scott Marshall at 705-232-0566 or email **scottie@nt.net**.

[www.eskis.com](http://www.eskis.com)



## Application Form (one per player)

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

POSTAL CODE: \_\_\_\_\_

PHONE(S): \_\_\_\_\_

GROUP (AGE): \_\_\_\_\_

POSITION: \_\_\_\_\_

T-SHIRT SIZE (circle): Adult Youth S M L XL XXL

**ENROLLMENT LIMITED** to 20 participants per Group (18 skaters - 2 goalies) - **FIRST COME FIRST SERVE**. Register for the level you hope to compete with this winter. No post-dated cheques accepted. No refunds or cancellations.

**WAIVER:** I certify that the above named applicant is fully insured in the Province of Ontario and that the Abitibi Eskimos Hockey Club and it's Hockey School Staff are not responsible or liable for any injury suffered by a participant during the Hockey School. I certify the above enrollment information is true, and grant permission for Hockey School Staff to provide medical transportation or First Aid if needed.

Parent (Guardian) Signature

Date

Pay online at [www.Eskis.com](http://www.Eskis.com) or mail completed Application Form together with cheque payable to ABITIBI ESKIMOS to:

## ABITIBI ESKIMOS

JR. A HOCKEY CLUB  
PO Box 1131  
Iroquois Falls ON  
P0K 1G0

Phone: 705-232-0566  
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