

Girls Hockey Academy

Sign up now for the summer of 2009

Hello,

My name is DJ Whitten, and I am writing you as the Manager of the Portland Ice Arena. We are excited to be offering our 3rd annual Girls Hockey Academy this year from July 6-10th 2009. Under the watchful eye of Collegiate Woman's Ice Hockey Coach David Venditti, the focus of the academy will once again be to enhance each players individual and team skills. The daily drill structure will create an atmosphere conducive to strengthening each girls play both with, and away from the puck. With the use of "read and reaction" drills, participants will learn the skill of creating offensive and defensive pressure through timing.

This year, our clinic will be divided into three segments. Each segment will focus on developing certain aspects of the game. Segment one will be geared toward skills involved in puck possession, stick handling, and protecting the puck. Segment two will re-iterate proper positioning during game type situations. Lastly segment three will allow the campers to implement the fore-mentioned skills into small area games while under full game type pressure.

We are really excited this year to be partnering with Tim Drown, owner of To Be A Champion. Tim will be responsible for all our "off ice" training. These sessions will be done on-site in Tim's training space located in the lobby of the Portland Ice Arena. In addition to the hockey specific training drills that Tim will expose to the girls, which will focus on improving agility, speed, lateral movement, and hand eye coordination, he will also go over nutrition and the important role it plays in the athletes life.

In closing I would say that it is no secret that people are making tough financial decisions right now. One way that parents are scaling back is by not participating in "summer camps". We have worked very diligently to minimize our overhead while still offering a first class experience for these girls to enhance their hockey skills. We are very proud to be offering this clinic for \$200 which is the same price point as we did last year. As in year's past, any family sending more than one camper will receive \$10 off each additional camper. Also, anyone registering with full payment before May 15th will receive a 10% reduction, lowering the price to \$180 for the week. We have done all that we can to recognize the challenges that we are all facing, in return we ask that you help us spread the word about our camp so that we can continue to offer this to area girls for years to come.



July 6th-10th, 2009

Sincerely, DJ Whitten and entire Academy staff.



Registration Information

- Application forms must be accompanied with full payment made payable to the Portland Ice Arena. Please deduct 10% off registration if postdated by May 15th, 2009
- Applications will be accepted on a first come, first serve basis. Each session is limited to 30 skaters and 4 goaltenders.
- There is a \$10 discount for each additional family member after the first camper.
- Refunds will be treated on an individual case by case basis. No refunds will be given once the clinic has started.
- For more information please contact DJ Whitten at the Portland Ice Arena @ 774-8553 or visit our web site @ www.portlandicearena.com

Application

Participant's Name: _____ Parent(s) Name: _____ Age: _____ Position: _____

Jersey Size: _____ Home Phone: _____ Parent(s) Work Phone: _____ E-mail: _____

Street Address: _____ City: _____ State: _____ Zip: _____

Please list any allergies, medical conditions or limitations your child may have:

Waiver/Release

Release assumption of agreement, Agreement to Indemnify and Hold Harmless and Emergency Medical Release Signatures

I hereby give permission for my child _____ to participate in the Girl's Hockey Academy being offered by the Portland Ice Arena. We are aware that learning or participating in the above activity can be an activity involving risk of injury, including serious injury. We fully understand that the City of Portland, it's agents, officers and employees accept no responsibility and will not be liable for any injury, harm or damage to his/her property occurring during or arising out of participation in in said program. To the fullest extent permitted by law, we do hereby agree to assume all risk of injury, harm or damage to his/her person or property (including but not limited to his/her property caused by negligence of the City of Portland, it's agents, officers or employees) arising during or in connection with said program, and we do hereby release and agree to indemnify and hold harmless the City of Portland, it's agents, officers and employees from any and all liability, actions, damages and claims of any kind and nature whatsoever (including but not limited to his/her property caused by negligence of the City of Portland, it's agents, officers or employees) for injury harm or damage to his/her property that may arise or occur during or in connection with said programs.

Photographs: The Portland Ice Arena may take pictures or videos of participants during the clinic. Please be aware that the pictures may appear in future promotional materials, including our brochure.

Signature of Parent / Guardian _____ Date _____ / _____ / _____

Meet the Director

We are very excited to have David Venditti as the Director of the Girls Hockey Academy. Coach Venditti is very up-beat, personable, and passionate about the sport he loves so much. He has spent 20 years developing his coaching philosophies and has proved that his progressive style of coaching is successful by today's standards. In 2008-09 David entered his fifth season as the head coach of Colby College's women's ice hockey team.



In 2005-06 Coach Venditti led Colby to a team record for wins (15) and was honored as the New England Small College Athletic Conference (NESCAC) Coach of the Year. The Mules tied that record for team wins in 2007-08 and Colby made the NESCAC title game for the first time in program history. David has a 106-73-20 record in his eight seasons as a women's hockey head coach.

David is a 1991 graduate of the University of Southern Maine and a former men's hockey player at USM. Prior to coaching at Colby, Venditti took over a USM women's ice hockey program that had been 28-34-4 in its three previous seasons. Over four years he led the Huskies to a 60-34-8 record, helped the team earn a top-10 national ranking, and was part of three ECAC East semifinal teams. Before his head coaching stint at USM, Venditti spent nine years as a boys' hockey coach at Cheverus High School in Portland, Maine. He spent the first two years as an assistant coach and then was the head coach for seven years. Cheverus had an 83-37-2 record during Venditti's seven years as head coach.

DAILY ROUTINE:

Group 1: Ages 9-13

On ice from 9:00-10:15 am & 10:30-11:30 am

Off ice workout with To Be A Champion 12:00-1:00 pm

Group 2: Ages 14-18

Off ice workout with To Be A Champion from 10:50-11:50 am

On ice from 12:20-1:35 pm & 1:45-2:45 pm

