



SHAKE OFF THE RUST

CONDITI ONI NG

The Shake Off The Rust Conditioning program will be operated by the Prairie Ridge Hockey Club.

PURPOSE

The Shake Off the Rust program will focus on sharpening your skills and increasing your conditioning level. The purpose of the sessions is to prepare all players for PRHC upcoming tryouts.

THE PROGRAM

The Captains conditioning program will consist of five – 90 minute sessions on the ice, followed by 20 minute break and then an hour of dryland at the Ice House. The on-ice sessions will be operated by the 2009 PRHC Captains and coaches will supervise the dryland.

Seniors Andrew Sprouse, Chris VanDamme, Mike Kurek and Alexander Taulien have been chosen to captain the PRHS Hockey Club varsity hockey team for the 2010-11 season.

ON ICE

The program will focus on skills of skating, passing, puck handling, shooting and goaltending. All drills will be run at a high tempo pace by the Captains to ensure that all players increase their conditioning level.

DRY LAND

The dry-land conditioning program will focus on strength, agility, mobility, quickness and endurance.

REQUIRE FORMS TO PARTICIPATE

- Registration & Emergency Information Sheet
- USA Hockey Consent to Treat & Medical History Form
- Prairie Ridge Hockey Club Injury Waiver Form
(This form also requires members to sign that they have read and understood the PRHC Policy Manual.
- You must email the club registrar your USA Hockey Individual Membership Registration Number – preferably by forwarding the confirmation email you received from USAH. You must register online at www.usahockeyregistration.com to obtain your confirmation number.
- PRHC strongly encourages you obtain an annual physical for your player and verify that the player is cleared to play by providing a form letter similar to the student athlete physical release form provided in this packet and on the PRHC web site.

COST

The cost for the Shake-Off-The-Rust is \$100.00 per player. The fee is part of the player fees for 2010. If you do not make a Prairie Ridge Hockey Club team, the fee is non-transferable and non refundable.

At a minimum, the initial payment amount of \$100.00, as specified in the fee schedule, will need to be paid before the player is allowed on the ice. All forms must be completed and turned in prior to the first session. No exceptions.

Payments mailed to the PRHC PO Box must be mailed no later than 7-25-10 to reach us in time. Otherwise payments will be collected at the check-in table on 8/1.

DATES & TIMES

The program is being offered to all hockey players who will be attending Prairie Ridge High School and plan on trying out for the Varsity or Junior Varsity Prairie Ridge Hockey team in the fall.

Sun. Aug 1	4:10 - 5:40pm	– Far East,	6:00-7:00 Dryl and
Sun. Aug 8	4:10 - 5:40pm	– Far East,	6:00-7:00 Dryl and
Sun. Aug 15	4:10 - 5:40pm	– Far East,	6:00-7:00 Dryl and
Sun. Aug 22	4:10 - 5:40pm	– Far East,	6:00-7:00 Dryl and
Sun. Aug 29	4:10 - 5:40pm	– Far East,	6:00-7:00 Dryl and

TRYOUT DATES

Freshman / Sophomore

Tues, August 31, 2010 - 8:30pm-10:00pm Far East Rink

Wed, September 1, 2010 - 7:00pm-8:00pm Dryland

Junior / Senior

Tues, August 31, 2010 - 7:00pm - 8:00pm Dryland

Wed, September 1, 2010 - 8:30pm-10:00pm Far East Rink

All Classes - Controlled Scrimmage

Thur, September 2, 2010 - 8:30pm-10:00pm Far East Rink