



'GIRLS RULE' HOLIDAY HOCKEY CLINIC

McFETRIDGE SPORTS COMPLEX, CHICAGO | MONDAY, DEC. 21 AND TUESDAY, DEC. 22

Open to girls of all ages!

★ ★ ★ SCHEDULE ★ ★ ★

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|-------------------------|--|
| 9:00 a.m. - 9:45 a.m. | Off Ice Conditioning |
| 10:00 a.m. - 11:20 a.m. | On Ice Skills |
| 11:30 a.m. - 12:30 p.m. | Lunch and Lecture |
| 12:40 p.m. - 1:40 p.m. | On Ice (Small Area Games, Stations, Scrimmage) |

U8 and Beginners (open to girls with one year of experience or less):

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|-------------------------|---------------|
| 11:30 a.m. - 12:30 p.m. | On Ice Skills |
|-------------------------|---------------|

★ ★ ★ BENEFITS ★ ★ ★

Girls will have the chance to work on individual skills (powerskating, stickhandling, passing and shooting) in a fun, challenging environment.

Second ice session will focus on small area games and station work.

Off Ice Conditioning sessions will focus on hockey and age specific dynamic warm up to prevent injury and increase flexibility/range of motion.

Lunch and Lecture will allow the girls to ask questions and listen to the coaches as it pertains to training, getting to the next level, playing in college, proper hydration, sports nutrition and other related topics (please provide your own lunch).

Blackhawks prizes and gifts! Each camper receives a Blackhawks jersey.

★ ★ ★ COST ★ ★ ★

\$190.00 (Goalies are half price)
\$80.00 (U8 and Beginners Clinic)

★ ★ ★ COACHES* ★ ★ ★

Annie Camins 🐦 @acamins

Chicago Blackhawks Youth Hockey Director;
Team USA Olympic Ice Hockey Team Finalist;
Captain and NCAA Champion, University of New Hampshire

Kendall Coyne 🐦 @kendallcoyne

Team USA Women's Olympic Silver Medalist; 3-Time World Champion; Northeastern University All Time Leading Scorer and Patty Kazmaier Finalist; Drafted by NWHL Boston Pride

Carisa Zaban

Head Coach, Lake Forest College; Team USA Olympic Ice Hockey Team Finalist; University of New Hampshire
NCAA Champion

Jackie Kooistra 🐦 @jackattac9

Chicago Mission Skills Coach U14 and U19; St. Jude Knights Head Coach and Girls Hockey Director; University of New Hampshire Division I College Player

Samantha Ratty Blackhawks Summer Camp instructor;
Played AAA Hockey for Chicago Mission

Moirá O'Connor Played at Minnesota State University at Mankato and AAA Hockey for CYA

Laura Jordan Blackhawks Summer Camp instructor; Played Hockey for University of British Columbia.

**Coaches' appearances are subject to change*



'GIRLS RULE' HOLIDAY HOCKEY CLINIC

REGISTRATION FORM

Dec. 21 and 22, 2015 | McFetridge Sports Complex, 3843 N. California Ave, Chicago 60618

PARTICIPANT'S NAME: _____

CURRENT HOCKEY CLUB/TEAM: _____

AGE: _____

POSITION: **F/D** **G**

I'M REGISTERING FOR:

- ☐ U10,U12, U14 'GIRLS RULE' CLINIC (\$190)
- ☐ U8 AND BEGINNERS 'GIRLS RULE' CLINIC (\$80)
- ☐ WOMEN'S CLINIC (\$160)

PARENT/GUARDIAN NAME (if under 18): _____

CONTACT EMAIL: _____

PHONE: _____

IN CASE OF EMERGENCY, PLEASE LIST NAME AND CELL PHONE:

Questions? Email: acamins@chicagoblackhawks.com or 312-237-1100.

Please fill out and scan/email form to: acamins@chicagoblackhawks.com

Payment can be taken on-site on day of clinic (cash and checks only please)

Waiver forms will be available at check-in and must be signed before participants begin.

For 'Girls Rule' Clinic: Lunch is NOT provided. Please bring a lunch.