

2010 Hockey Jump Start



Limited Spots.
Applications accepted by date.

Rockland Ice Rink

599 Summer St Rockland, MA

Sunday mornings

Spring: Apr 18 - Jun 13
(no ice May 30th)

Summer: Jun 20-Aug 15
(no ice July 4th)

The Bog

186 Summer St Kingston, MA
Route 3 to exit 10

Thursday evenings

Spring: Apr 29 - Jun 17

Summer: Jun 24-Aug 12



www.Hockeyjumpstart.com

www.WinterlandSkatingSchool.com

781 740-2255

 Return to:
Hockey Jump Start
PO Box 355
Rockland, MA 02370

2010 Hockey Jump Start

Clip and return this form.

Limited Spots. Applications will be accepted by date received. To guarantee spot, sign up for both sessions at once.
Make check payable to Hockey Jump Start. We also accept Visa & M/C. No refunds.
Return this form with check to Hockey Jump Start c/o Winterland, PO Box 355, Rockland, MA 02370

Name _____ Age _____ DOB _____ Last Team Level _____

Address _____ City _____ Zip _____

Rockland: Level: Mite _____ Instruct _____ Beginner _____ Time: 8:00-9am \$180 Spring 4/18-6/13 Summer 6/20-8/15

Rockland: Level: Bantam _____ PeeWee _____ Squirt _____ Time: 9:10-10:30am \$195 Spring 4/18-6/13 Summer 6/20-8/15

The Bog: Level: Mite _____ Instruct _____ Beginner _____ Time: 6:00-7pm \$180 Spring 4/29-6/17 Summer 6/24-8/12

Parents (print) _____ Phone _____

Email _____ Amount Enclosed _____

Signature _____ Date _____

Release: I assume all risks and hazards incidental to the conduct of these activities. I do further release, indemnify and hold harmless Hockey Jump Start, Winterland, Rockland Ice Rink, The Bog, assigns, sponsors, coaches and staff in the case of injury incurred before, at or after said activities.

Professional Staff

Bob Hayden

Plattsburgh State hockey captain (NCAA Champs)
Eindhoven, Kemphanen (European Pro League)
Former Hockey Coach UMass/Boston

Kevin Duff

Curry College Rookie of Year
Coach Hingham High School Hockey
Weymouth Youth Hockey Mites Director

Mary Sullivan

Senior Staff Coach Winterland Skating School
and South Shore Skating Club
Owner: Body Mechanics.

Dan Griffin

Boston College Hockey
Former Head Coach: Westwood High School
Former Coach USA Hockey
Coach: Bay State Breakers and South Shore Eagles

Mike Flaherty

University of Connecticut team Captain.
Head Coach Rockland High School
Coach: Bay State Breakers and South Shore Eagles

Dan Connolly

Head Coach Marshfield High School
2006 Massachusetts Division One State Champions

Chris Donato

Williams College team captain and MVP
Williams College Athlete of Year
Coach Bay State Breakers Girls Team

Mike Joy

Plattsburgh State hockey
Framingham State team Captain

Joe Bevilacqua

Plattsburgh State Hockey
Northwood Prep
Boston College High

Brian Pineau

South Shore Eagles coach

Shawn Griffin

Former Coach at Hingham High School
Plymouth Youth Hockey



All Players:

Players will be grouped by age and ability. Each player will be placed in a group that fits his or her skill level to ensure that the player is challenged, yet not intimidated.

Rockland only: Bantams, Pee Wees, & Squirts

This session is for players who want to take their game to the next level. There will be a focus on strong skating skills, speed, puck control, shooting, passing, positioning as well as 3 on 3 cross ice scrimmaging and various small games.

Learn to check safely, effectively, and “legally” (for players who will be exposed to checking next season)

The Staff will teach the older players in this session how to:

- Angle the opposing player off the puck effectively and safely.
- Receive a body check safely.
- Be “strong on the puck” maintaining puck possession during contact.
- Score goals “in traffic”.
- Develop a quick puck shooting release.
- What to do during critical face-offs in all areas of the ice.
- How to be smart in critical game situations.

Goalies:

Our Goalie Coach will spend time each class with the goalies working on saves, rebounds, angles, and puck control.

The Bog and Rockland Skaters: Beginners, Instructional, & Mites

Skaters must already have their basic skating skills. This is not a Learn to Skate Session. Players will be grouped by age and ability.

Who is eligible?

Skaters with basic skating skills who want to learn how to play hockey. Also, Instructional players who will be playing on a team in the Fall. Advanced Mite players who want to sharpen their skills and improve their all around game for next season.

Hockey Skills Plus

First and foremost, the #1 asset in becoming a successful hockey player is strong skating. That will be our primary focus.

Learn advanced skating drills from the top Professionals. Players will be taught the proper way to push off their blades to get maximum speed. Other drills will include front and back crossovers, pivots, edges, quick turns, stops, and transitioning. We will focus on balance and power along with puck control, shooting, passing, and positioning in game situations

3 on 3 Cross Ice Scrimmaging and other Small Games will be used at all sessions.

General Information:

Limited Spots.
Applications accepted by date.

Equipment & Cost:

All skaters will need full hockey gear. Neck guards are strongly encouraged but not required. For more information regarding equipment, visit our website.

Squirt, Pee Wee, Bantam:	\$195.00*
Beginner, Instructional, Mites:	\$180.00*
Goaltender:	\$ 90.00*

10% discount for additional family members.
No refunds.

*Includes Hockey Shirt and
Trophy Ceremony for all players.