

2012 Hockey Jump Start



Limited Spots.
Applications accepted by date.

Rockland Ice Rink
599 Summer St Rockland, MA
Sunday mornings
8am & 9:10am
Spring: Apr 15 - Jun 10
(no ice May 27)
Summer: Jun 17 - Aug 12
(no ice Jul 1)

The Bog
186 Summer St Kingston, MA
Route 3 to exit 10
Thursday evenings
6:00 pm
Spring: Apr 26 - Jun 14



www.Hockeyjumpstart.com
www.WinterlandSkatingSchool.com
781 740-2255

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

2012 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

Rockland: Level: Mite _____ Instruct _____ Beginner _____ Time: 8:00-9am \$195 Spring 4/15-6/10 _____ Summer 6/17-8/12 _____
Rockland: Level: Bantam _____ PeeWee _____ Squirt _____ Time: 9:10-10:30am \$210 Spring 4/15-6/10 _____ Summer 6/17-8/12 _____
The Bog: Level: Mite _____ Instruct _____ Beginner _____ Time: 6:00-7pm \$195 Spring 4/26-6/14 _____

Name _____ Age _____ DOB _____ Last Team Level _____
Address _____ City _____ Zip _____
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

Mary Sullivan

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

Dan Griffin

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

Mike Joy

Plattsburgh State hockey
Framingham State team Captain
Bay State Breakers & Hanover Youth Coach

Joe Bevilacqua

Plattsburgh State Hockey
Northwood Prep
Boston College High

Brian Pineau

Hanover Youth Hockey Coach
Bay State Breakers Coach

Shawn Griffin

Former Coach at Hingham High School
Plymouth Youth Hockey

Tom Maguire

UMass/Boston Team Captain
Hanover Youth Hockey Coach

Michael Dearing

Johnson and Wales
Plymouth Youth Hockey Coach

Jim Abban

U/Mass Boston

Andy Pevarnek

Hanover Youth Hockey Coach



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 next 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:	\$210.00*
Beginner, Instructional, Mites:	\$195.00*
Goaltender:	\$100.00*

10% discount for additional family members.
No refunds.

*Includes Hockey Shirt and
Trophy Ceremony for all players.