

# SPRING/SUMMER YOUTH POND HOCKEY 3-on-3 LEAGUES

NON-STOP ACTION... RAPID LINE CHANGES... IMPROVED SKILLS... INCREASED FUN!

## LEAGUE INFORMATION

- Starts Friday, April 24th, 2020
- Individual or team entries accepted
- Maximum of 9 skaters and 1 goalie allowed to dress per team per game (teams entries can register up to 12 players on a roster)
- Minimum 15-Game Schedule (1 game per week)
- 45-minute games
- NON - CONTACT LEAGUE FOR ALL DIVISIONS
- Prize for each participant
- Parent volunteers are welcome to encourage players and open gates for rapid line changes (**All teams must have two parents on the bench at all times**)
- NO DROP-IN PLAYERS OR SUBSTITUTIONS
- Individual registrants may request to play with friends / teammates

## COST AND REGISTRATION

**Individuals** - Full payment required at time of registration. Jersey included (no socks).

1 Player	\$349.00 +HST
2 Players (from the same family)	\$679.00 +HST
3 players (from the same family)	\$999.00 +HST

**Teams** - Minimum \$1,000 deposit required with application. Full payment due prior to first game. Teams must have matching and numbered jerseys.

Team Entry (Jerseys not included) \$3,199.00 +HST

Team Jerseys (for full set) \$229.00 +HST

**TEAM REGISTRATION POLICY:** All teams must identify a single team representative. **NTR WILL NOT accept or collect portions of team fees from each team member.** Team reps will be responsible for arranging payment and waiver submissions.

## AVAILABLE DIVISIONS

**RECREATIONAL** - House League and Select players only will be combined in the same division within each age group

**REP** - AE and A players will be combined in the same division within each age group

**ELITE** - AA and AAA players will be combined in their own division within each age group

Year Born	Recreation	Competitive	
2013/14	Fridays	Fridays	
Year Born	Recreation (HL/Select)	Rep (AE/A)	Elite (AA/AAA)
2011/12	Sundays	Sundays	Thursdays
2009/10	Sundays	Sundays	Thursdays
2007/08	Sundays	Mondays	Thursdays
2005/06	Thursdays	Thursdays	Thursdays
2002/03/04	Monday	Tuesdays	Tuesdays
Year Born	Girls Only		
2009 - 2012	Fridays		
2005 - 2008	Fridays		

**PLEASE NOTE: Teams and individuals register for divisions at their own responsibility regarding level/caliber of play. National Training Rinks reserves the right to balance teams if necessary for the benefit of the entire league.**

**No games on Friday, Sunday, or Monday of Victoria Day and Civic Holiday long weekends.**

## SUMMER CAMPS

Start June 29<sup>th</sup>, 2020

### HOCKEY SPORTS CAMP

Available for 10 Weeks

### HOCKEY GOLF CAMP

at Cardinal Golf & Country Club

July 27<sup>th</sup> - July 31<sup>st</sup>

August 24<sup>th</sup> - August 28<sup>th</sup>

## PRIVATE & TEAM TRAINING

### OFFERED YEAR-ROUND CALL FOR AVAILABILITY

30 Min Sessions	1 Player	2 Players	3 Players
1 Session	\$75 +HST	\$120 +HST	\$140 +HST
10 Sessions	\$700 +HST	\$1000 +HST	\$1200 +HST
25 Sessions	\$1625 +HST	\$2250 +HST	\$2500 +HST

1 Hr Sessions	1 Player	2 Players	3 Players
1 Session	\$135 +HST	\$190 +HST	\$200 +HST
5 Sessions	\$600 +HST	\$825 +HST	\$900 +HST
10 Sessions	\$1100 +HST	\$1550 +HST	\$1700 +HST
25 Sessions	\$2500 +HST	\$3375 +HST	\$3750 +HST

Team Clinics = \$310 +HST for one full hour  
\*Flood times are part of instruction time

## NTR GUIDELINES AND POLICIES

- Ice resurfacing (floods) are part of the scheduled time;
- Participants may only attend classes on the day they are registered for;
- NTR reserves the right to cancel or re-schedule any class due to enrollment;
- NTR reserves the right to move participants to an appropriate class for their skill level;
- Payment in full must be made at time of registration. Returned cheques (NSF) will be charged a \$25 fee;
- If a participant needs to withdraw from a program for any reason, NTR will provide a full credit that can be used for any NTR activity. If the participant requires a refund there will be a 10% administration fee charged. No refunds will be issued after the third class of any program;
- All NTR programs require participants to wear a helmet with full facial protection. All private facility rental users MUST properly wear a CSA approved helmet at all times when on any NTR ice surface (adults included);
- NTR is not responsible for lost, stolen, or vandalized items. Items left unattended are done at users' own risk.

# NATIONAL TRAINING RINKS NEWMARKET

"SMALLER ICE, BIGGER SKILLS"



SPRING PROGRAMS  
& SUMMER  
LEAGUES 2020

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# SPRING PROGRAMS

## WEEKDAY CLASSES

START MONDAY, APRIL 6<sup>TH</sup>

(UP TO 12 WEEKS)

## WEEKEND CLASSES

START APRIL 18<sup>TH</sup>

(11 WEEKS)

**NO CLASSES APRIL 10<sup>th</sup>, 11<sup>th</sup> & 12<sup>th</sup>  
FOR EASTER WEEKEND**

# BEGINNER PROGRAMS

**\*NEW PRICING and FORMAT for 2020!\***

## LEARN TO SKATE

**Ages 3 years old and up.** No experience required. Skaters must wear a hockey helmet with full facial protection. New 45 minute class format! Class will be divided into warm-up, small group instruction and free time!

Tuesday	4:15pm – 5:00pm	\$229 +HST
Tuesday	5:00pm – 5:45pm	\$229 +HST
Thursday	4:30pm – 5:15pm	\$229 +HST
Saturday	9:00am – 9:45am	\$209 +HST
Saturday	9:45am – 10:30am	\$209 +HST
Saturday	10:30am – 11:15am	\$209 +HST
Saturday	11:15am – 12:00pm	\$209 +HST
Sunday	9:00am – 9:45am	\$209 +HST
Sunday	9:45am – 10:30am	\$209 +HST
Sunday	10:30am – 11:15am	\$209 +HST

## LEARN TO PLAY HOCKEY LEVEL 1

**Ages 4 years old and up.** This is an introductory hockey class for those that are able to skate. Fundamental hockey skills such as proper stride, stopping and basic edgework will be taught in this class. Basic puck control, passing and shooting will also be taught. Each class will end with cross ice scrimmages.

Thursday	4:30pm – 5:30pm	\$359 +HST
Friday	4:45pm – 5:45pm	\$329 +HST
Saturday	10:30am – 11:30am	\$329 +HST
Saturday	3:00pm – 4:00pm	\$329 +HST
Sunday	9:30am – 10:30am	\$329 +HST

# DEVELOPMENT PROGRAMS

## NO CLASSES ON EASTER WEEKEND

### POWER SKATING LEVEL 1

**Ages 5 years old and up.** This class will introduce and reinforce basic concepts such as long strides, edge work, crossovers, etc. Players must be able to skate forwards, backwards and stop.

Wednesday 5:30pm – 6:30pm \$359 +HST

### AGILITY SKATING & PUCK SKILLS

**Ages 10 years old and up.** This high tempo class concentrates on the short burst aspect of skating such as balance, acceleration, and edges, and combines them with offensive techniques.

Tuesday 5:00pm – 6:00pm \$359 +HST

### POWER SKATING & PUCK CONTROL

**Ages 6 to 9 years old.** This program will focus on two of the most important skills of hockey, skating and handling the puck.

Monday 5:00pm – 6:00pm \$359 +HST  
Saturday 2:30pm – 3:30pm \$329 +HST  
Sunday 12:15pm – 1:15pm \$329 +HST

### DEFENSEMAN SKILLS

**Ages 9 years old and up.** Exclusively for defensemen, this program will work on positional specific skills such as backward and agility skating, puck control, passing, and shooting. It will also work on positional specific scenarios in the offensive and defensive zones.

Saturday 4:30pm – 5:30pm \$329 +HST

### INTRODUCTION TO POWER SKATING

**Ages 4 years old and up.** For kids who have received prior learn to skate instruction and show an interest in playing hockey. Class requires full hockey equipment.

Wednesday 4:30pm – 5:30pm \$359 +HST  
Saturday 12:00pm – 1:00pm \$329 +HST  
Sunday 11:15am – 12:15pm \$329 +HST

### RECREATION & BEGINNER

**Ages 9 to 14 years old.** This program will introduce skating and puck control to those who have chosen to start hockey at a later age. It's never too late to start!

Saturday 3:30pm – 4:30pm \$329 +HST

### ULTIMATE SCORER for YOUNG GUNS

**Ages 6 to 9 years old.** All aspects of puck handling, puck protection, passing, and shooting will be the focus. For those who have played hockey at least 1-2 years.

Sunday 11:30am – 12:30pm \$329 +HST

### LEARN TO PLAY HOCKEY LEVEL 2

**Ages 5 years old and up.** The next level up from Learn to Play Hockey Level 1, players will further enhance their basic skills both with and without the puck. Each class will end with cross ice scrimmages. Full hockey equipment is required. Must have at least 1 year of hockey experience.

Saturday 2:00pm – 3:00pm \$329 +HST  
Sunday 10:30am – 11:30am \$329 +HST

# SPECIALTY PROGRAMS

## SKILLS IMPROVEMENT AND FULL ICE 3 ON 3

Get the best of both worlds by combining **45 minutes of skill development followed by 45 minutes devoted to FULL ICE 3 ON 3 HOCKEY.** The skills portion of each class will be a combination of power skating, puck handling, and shooting. The scrimmage portion will put the players in game-like situations.

**Ages 5 – 8 years old**  
Saturday 11:30am – 1:00pm \$479 +HST

**Ages 7 – 10 years old**  
Saturday 1:00pm – 2:30pm \$479 +HST

## ADULT PROGRAMS

**Minimum age is 15 years old.** No experience required. These sessions are for adults to work on various areas of hockey. Focus will be on power skating, puck control, and working towards each individual's personal goals.

**Women**  
Sunday 8:30am – 9:30am \$329 +HST

**Men (Starts Friday, May 1st, 2020 and runs for 9 weeks)**  
Friday 8:45pm – 9:45pm \$269 +HST

# ELITE PROGRAMS

## ELITE DEFENSE SKILLS

**Ages 9 years old and up playing A/AA/AAA.** Designed for defensemen this high tempo elite skate will focus on advanced edgework and skating, individual skills as well as flow drills and small area games/battles.

Saturday 5:30pm – 6:30pm \$329 +HST

## ADVANCED POWER SKATING / EDGEWORK

**Ages 9 years old and up playing A/AA/AAA.** Advanced power skating focusing on elite level edgework, speed, agility and lateral movement.

Saturday 4:00pm – 5:00pm \$329 +HST

## ELITE OFFENSIVE SKILLS

**Ages 9 years old and up playing A/AA/AAA.** Elite level offensive skills, puck protection and goal scoring. Individual skill development as well as game situation drills.

Saturday 5:00pm – 6:00pm \$329 +HST

# GOALTENDING

Along with Major Junior and Pro playing experience, Greg 'Red Dog' Redquest currently works with the OHL's Owen Sound Attack and brings with him 30+ years of coaching knowledge ranging from teaching basic skating to working with pro and national team athletes.

## WEEKLY GOALIE CLINIC

**Ages 6 years old and up.** This program is for Rep and House League goalies to improve their skills.

Saturday 9:30am – 10:30am \$369 +HST

## GOALIE PRIVATE LESSONS

Greg also offers PRIVATE LESSONS on Wednesdays and Saturdays. Please contact Greg directly for more information.

Greg "Red Dog" Redquest 705-322-8401

**BIRTHDAY PARTIES  
AVAILABLE ON WEEKENDS  
\$279 +HST**