

## ***10U Summer Program 2025***

This program is for players, who are in the process of developing skating, stick, and game skills and are looking to learn as much as possible in preparation for next season and the future.

Class Size 8  
players Maximum

Any questions please  
call Coach Ryan

***518-441-1347***

### ***TYPICAL DAILY HOCKEY SCHOOL SCHEDULE***

8:30am - 9:00 am	Arrival
9:10 am	On Ice Training (2 hours)
11:15 am	Snack Break
11:30 am	Video Analysis
12:00 pm	Off Ice (1.25 hours)
1:15 pm	Swimming*
2 pm	Depart

**\*Bring Bathing Suit and Towel**

After hockey school supervision is available upon request for 30 minutes or so after program ends

***SEE YOU ON THE ICE!***

***Email: info@myhockeyskills.com***



**10U Camp**

***2025***

***INDIVIDUAL SKILLS  
PLUS  
GAME SITUATION***

***NAHS TRAINING FACILITY***

***200 Oakwood Avenue, Troy, NY***

***July 21 – July 25***

**For 10U  
Hockey Players**

***THE "EXCEPTIONAL HOCKEY EXPERIENCE"***

***See you on the ice!***

***518-281-4811***

# ***NORTH AMERICAN HOCKEY SYSTEMS, INC.***

## ***10U SUMMER CAMP***

**Dates:** July 21 - July 25

**Time:** 8:00am - 2:00pm

**Location:** NAHS Training Facility, 200 Oakwood Avenue, Troy, NY

**Cost:** \$525



***MAIL COMPLETED REGISTRATION FORM AND YOUR CHECK TO:***

***N. A. H. S. Inc.***  
***200 Oakwood Ave***  
***Troy, New York 12182***

***Phone: 518 - 281 - 4811***

***www.myhockeyskills.com***

***FAX: 518 - 308 - 0280***

***Oak 10U Summer Camp***

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_

EMAIL: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Parent's Names: \_\_\_\_\_ Cell/Day Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Father: \_\_\_\_\_

Mother: \_\_\_\_\_

Experience: Current Level: \_\_\_\_\_ Years Played: \_\_\_\_\_

### **LIABILITY, IMAGING, AND MEDICAL RELEASE**

In consideration of your permitting (PLAYER) \_\_\_\_\_ to use DAVID RANDALL's Training Rink, Troy, NY, for any purpose whatsoever. I hereby covenant and agree with NORTH AMERICAN HOCKEY SYSTEMS, INC., the owners, officers, agents, employees, and all persons engaged as instructors or administrators in any programs in which he/she may be a participant, to indemnify and hold harmless, each and everyone of them from and against all claims, liability, loss cost, damage and expenses which may in any way arise out of, or in connection with, the use by him/her of such facilities, including without limitation all claims he/she might have for personal injury or property damages to him/her or so arising. I understand that all video and photo images taken are the sole property of NORTH AMERICAN HOCKEY SYSTEMS, INC., and may be used in promotional and instructional media. I also give consent to administer first aid and emergency transport to nearest medical facility.

**Date:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

Parent or Guardian