

Hatfield Ice

Make Checks payable to:

Hatfield Ice

CREDIT CARD

PAYMENTS CAN ONLY
BE MADE WITH A VISA,

MASTERCARD, OR
DISCOVER IN PERSON,
AT HATFIELD ICE.

Refund Policy

Because we reserve and hold a place for each registered participant, there are no make ups, refunds or pro rating on this Hatfield Ice program.



Hatfield Ice Fitness Center is designed to be your one stop location for all of your fitness needs!

Our 3,000 square foot facility features the latest and most innovative cardiovascular and strength training equipment. Full locker room facilities are also available to all members.

Adult, Youth and Family memberships are offered year round. Personal training sessions are also available to all members, by appointment.

Monday — Friday:

6:00am - 10:00pm

Saturday & Sunday:

7:00am - 10:00pm

**Come Play in
Our World!**

Off-Ice Performance Training

Fall 2017 Session #1



Mondays:

October 2nd, 9th, 16th,
23rd, & 30th, 2017

Hatfield Ice
350 County Line Road
Colmar, PA 18915
215-997-9797

www.hatfieldice.com

Off-Ice Performance Training

Off-Ice Speed & Agility training for Hockey players will include a dynamic functional warm-up to improve flexibility, stability, and explosiveness.

Athletes will develop increased speed and change of direction. Lateral quickness will increase push power. Core stability and power will be taught by creating a more dynamic movement and making it more efficient.

Each athlete will enhance efficiency, coordination, speed, quickness, agility, and reduce risk of injury.

Mike Riccioli: Head Instructor

- ◆ USA Hockey Level 4 Coach
- ◆ Hatfield Ice Instructor
- ◆ NASM Certified Personal Trainer



Dates & Time

Mondays:

October 2nd, 9th, 16th, 23rd, & 30th, 2017

6:15pm - 7:15pm

This Off-Ice clinic will cover Speed, Agility, and Plyometric training for Hockey Players.

****Space is Limited to 10 players from Birth years 1999-2008****

Cost

5 Monday Sessions: \$50

****\$60 if signed up after 9/25**

Off-Ice Performance Training #1 Fall

Name: _____

Address: _____

City: _____ Zip: _____

E-mail: _____

Date of Birth: _____ Age: _____

Parent Cell Phone: _____

Registering For: Mon

5 Monday Sessions: \$50

****\$60 if signed up after 9/25**

Method of Payment

Check # _____ Credit Card

Cash

In consideration of the foregoing, I, for myself, my heirs, executors, administrators, personal representatives, successors and assigns, waive and release any and all rights, claims, and causes of action I have or may have against the Hatfield Ice and its affiliates, their agents, employees, volunteers, officers, directors, successors and assigns, Hatfield Ice, RRCA, and any and all sponsors, their representatives and successors, that may arise as a result of my participation in or Hatfield Ice Training Program and any pre and post race activities. I attest and verify that I am physically fit and a licensed medical doctor has verified my physical condition. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose, including commercial advertising without monetary payment to me. (This information is protected by the Privacy Act.)

Signature

Date

