

MIHS OF CANADA



“A Stride Ahead Since 1987”

2011 Programs

Professional Hockey Camps &
Goaltender Training

Professional Elite
Checking & Skills Camps

Professional Jr. & College Showcase Camps
(Ages 15 & older)

High School Girls
University Training Camps

www.mihscanada.com

Toll Free: 1-877-738-8552

Fax: 1-866-847-8429

MIHS of Canada “24 Years of Hockey Excellence”

We are very proud to be entering our 23rd year of Hockey Camps. Over the last 23 years we have seen hockey develop into a popular international sport. We have become a leader in offering developmental, specialty, and elite programs for kids of all ages throughout North America. Our staff is committed to improving every participant's skill level and game. A detailed listing of our staff can be viewed at our website. We bring in top U.S. University and College, Canadian Junior, and Professional players that we know will best deliver our effective training curriculum. We have seen many of our former students advance to the NHL, NCAA Division 1 and 3 programs, as well as the USHL, NAHL, and Canadian Juniors. Come and see why we are *a stride ahead of the competition since 1987!*

MIHS 2011 SKILL DEVELOPMENT CAMPS

MIHS Professional Skills Training always provides an emphasis on skating skills. We break down the skating stride, working on balance, extension, and a full recovery. A focus on other challenging skills such as stick handling, puck control, shooting, passing, positional play around the net including screening, deflections, and wrap arounds gives young players a great opportunity to improve their skill levels.

Professional Checking Development is unique, comprehensive, and extremely popular. We introduce the skill to kids preparing to step into checking leagues, and offer more advanced training to those kids already competing in checking leagues. We use a safety first approach, using a five step process to teach the skill, building confidence. Combined with plenty of game-like simulation and skills, kids will have a great opportunity to enhance their personal skill level and game.

MIHS High School Girls Training Camp is offered to talented skaters and goaltenders and offers exceptional exposure, unprecedented coaching and training by our Elite staff of NCAA coaches. Don't miss out on this opportunity to enhance your skill level and network with top coaches. This program offers off ice training, dryland, circuit, plyos, as well as our popular Q&A session. Don't miss out on this popular program!

Professional Elite Goaltending will be offered for all ages. Please visit our website for more information on our goalie training.

1-877-738-8552

2011 MIHS BRITISH COLUMBIA CAMPS

7. **Kerry Park Rec Center, Mill Bay, BC** August 8-12
- A. Novice/1st Year Atom** \$220.00
Dressing Room: 8:30 am
Daily Schedule: Ice: 9:00-10:45 am
Off Ice Activities: 11:00-11:45 am
- B. 2nd Year Atom/Pee Wee** \$250.00
Dressing Room: 10:30 am
Daily Schedule: Ice: 11:00 am-1:00 pm
Off Ice Activities: 1:15-2:00 pm
- C. Bantam & Midget Skills and Conditioning Camp** \$250.00
Dressing Room: 12:30-1:00 pm
Daily Schedule: Ice: 1:15-3:00 pm
Off Ice Activities: 3:15-3:45 pm

*** We encourage Girls to participate in our sessions.*

***Prices are in Canadian funds and do not include applicable taxes.*

2011 ADDITIONAL CAMPS

Please visit our website

www.mihscanada.com

*during the year as we add additional
programs as the year progresses.*

*Registering within Canada send payment to:
MIHS, 4544 Bench Rd. Duncan, BC V9L 6M6
Kerry Park registrations and payments can be
dropped off at their main office.*



MIHS of Canada

2622 Sylvan St.
Bellingham, WA 98226
USA

4544 Bench Rd.
Duncan, BC
V9L 6M6
Canada

MIHS – 24 Years of Excellence

2011 SHOWCASE CAMPS



1. Brewster Ice Arena, Brewster, NY

Ages 14-18
2 Practices, 4 Games, Staff/Parent, Student Q&A
Registration deadline March 7, 2011

April 8-10
\$295.00

2. Soldotna, Alaska – Soldotna Sports Center June 24-26

Ages 16 & Older (1996's permitted with reference) **\$350.00**
Maximum of 6 teams, registration deadline May 31, 2011

Camp is being run in conjunction with the Kenai Brown Bears of the NAHL.

***Coaching and recruiting staff will be made up of MIHS, Kenai Brown Bear staffing, NCAA D-1 & 3, USHL, U.S. Jr's*

3. Soldotna Sports Center, Soldotna, AK June 22-23

Open to Bantams/Midgets, Juniors **\$200.00**
Showcase Registrants receive \$75.00 discount
ICE SCHEDULE: 7:00-9:00 pm

**MIHS UNIVERSITY
GIRLS TRAINING CAMPS**

4. Fairbanks, AK, UAF Patty Center June 10-12

Ages 14-18 **\$350.00**
*8 hrs ice / off ice conditioning, Q&A

Limited to 32 skaters / 4 goalies
TEAM DISCOUNT 10% – 15 skaters/2 goalies

MIHS staffing features Head and Associate Coaches from top NCAA Womens programs. 2011 staffing includes North Dakota, Quinnipiac University, University of Vermont, St Cloud State, Elmira College, University of Maine.

**MIHS 2011 SKILL DEVELOPMENT
TRAINING CAMPS**

5. Fairbanks, AK, UAF Patty Center June 10-12

2nd Year Squirts & Pee Wees – Checking/Skills **\$250.00**
*6 hours ice / off ice activities

6. Soldotna Sports Center, Soldotna, AK June 22-24

A. Mites & Squirts Mini Camp – 5 hours ice **\$195.00**
SCHEDULE: 9:00-10:45 am daily

B. Elite Squirts & Pee Wees – Checking/Skills **\$265.00**
*6 hours ice / off ice activities

SCHEDULE: 12:00-2:00 pm – ICE
2:15-3:00 pm – OFF ICE

TEAM DISCOUNT 10% – 15 skaters/2 goalies
Deposits must be received 30 days prior to camp

2011 SHOWCASE CAMPS

MIHS offers talented players and goaltenders an opportunity to show off their skills and abilities on and off the ice. By limiting the amount of participants we provide a scout to participant ratio of 1:10. We provide an elite camp where participants can approach the staff and get objective feedback. The weekend provides high tempo practices, coached games, and our popular Q&A seminar. The Scouting staff will have the task of putting together two All Star teams that will play off in the All Star finale. This all provides a great venue for kids 16 and older to excel in front of an All Star staff. Our staff is made up of U.S. Division 1 and 3 colleges, Canadian Jr. A and B, USHL, NAHL, New England and Canadian Prep Schools. Please visit our website to see a list of teams that are committed to the MIHS Showcase Program.

2011 ELITE JR & COLLEGE PREP CAMP

This challenging and high tempo camp will challenge all participants physically and mentally. It is geared for kids 15 and older and at most venues will be a Prep camp for the upcoming showcase. We will have Showcase scouts running this popular program. It will provide participants an additional opportunity to network and have dialogue with the scouts. (Discounts apply for the prep camp if registered in the MIHS Showcase Camp.)

TEAM DISCOUNTS AND INCENTIVES FOR ORGANIZERS.

Please fill out the following information if you would like a personal profile given to the scouts. Also fill out the registration form and waiver and forward to MIHS of Canada. Registration can be done at www.mihscanada.com

Recent team: _____

Stats: Games Played: _____ Goals: _____

Assists: _____ Penalty Minutes: _____

Position for Showcase: _____

Please provide us with 2 hockey references:

1. _____

2. _____

www.mihscanada.com

MIHS RELEASE AND WAIVER

To: LANCE ODEGAARD ENTERPRISES INC.
C/O Mid Island Hockey Schools
301 W. Holly Street, Suite D10, Bellingham, WA 98225 USA

In consideration of LANCE ODEGAARD ENTERPRISES INC. accepting this application, I

_____ for myself, my heirs, executors, administrators and assigns, RELEASE LANCE ODEGAARD ENTERPRISES INC. its respected servants, agents or employees from any claims, demands, damages, actions or causes of actions arising out of or in consequence of any loss, injury or damage to my person or property incurred, while attending at or participating in the hockey conditioning program, or during my lodging at room and board facilities provided by the hockey conditioning program, not withstanding any such loss, injury or damage may have arisen by reason of the negligence of LANCE ODEGAARD ENTERPRISES INC., its servants, agents, or employees. Without limiting the generality of the foregoing. I FURTHER RELEASE any recourses which I may now and hereafter have resulting from any decision of LANCE ODEGAARD ENTERPRISES INC.

Signature of Applicant

Signature of Parent/Guardian

INDEMNIFICATION

In CONSIDERATION OF LANCE ODEGAARD ENTERPRISES INC., accepting the within application, I,

(Parent/ Guardian)

of _____
(applicant)

agree to indemnify LANCE ODEGAARD ENTERPRISES INC, its servants, agents, or employees from any claims or demands which might be made against LANCE ODEGAARD ENTERPRISES INC., arising out of or in consequence of the attendance or participation by:

(applicant) in the hockey conditioning program, including travel to and from the program and lodging in room and board facilities. If under the age of NINETEEN (19) years, indemnification must be signed by parent or guardian.

(Parent/Guardian)

Dated this _____ day of _____, 2011

MIHS 2011 REGISTRATION FORM

Parent or Guardian: _____

Player or Goalie Name: _____

Address: _____

City: _____ Zip (Postal) Code: _____

Phone: _____ Birth year: _____

E:Mail address: _____

Session # and Date: _____

MIHS Souvenirs:

Hats (circle): (\$25.00) Tan Black

Hockey Jersey (circle):
(Additional \$30.00 Cost) XLg Lg Med Sm

Medical Insurance Company: _____

Emergency Contact # _____

History of Illness, recent injury, or allergies?

Payment, Cancellation, and Refund Policy

A minimum \$100.00 deposit is required 8 weeks prior to camp date. The balance for the camp must be received 4 weeks prior to the camp or you risk the possibility of losing your initial deposit. Personal check, money order made out to MIHS of Canada is accepted. Visa/MC is accepted. Payments made by check, the cancelled check will serve as your receipt.

**Refunds will be given for medical reasons only, and must be accompanied with a Doctor's statement verifying sickness or injury 2 weeks prior to the start of the camp. A \$100.00 administration fee will be charged on all cancellations. MIHS reserves the right to dismiss a student if he or she interferes with the policies of MIHS.*

AMOUNT ENCLOSED: _____ (All taxes included U.S. Camps)
(Add 12 % HST Canadian Camps)

Name on Credit card: _____

Visa or MC #: _____

Expiration date: _____ Security code: _____

SIGNATURE _____

Send registration, payment & waiver:
MIHS of Canada (U.S.A.)
2622 Sylvan Street, Bellingham, WA 98226