

## INSTRUCTIONAL STAFF

The Prince George Cougars Hockey Club is proud to provide the highest level coaching staff in Northern BC to develop, teach and nurture our participants about the incredible game of hockey! Current coaching staff, and many returning players will be sharing their passion for the game while teaching the fundamentals in the exciting atmosphere of the CN Centre! Their combined knowledge, enthusiasm and overall love of the game will provide participants with the most exciting, top-notch hockey school experience in Northern BC!

## ADDITIONAL INFORMATION

### PAYMENT DETAILS

FULL PAYMENT MUST ACCOMPANY REGISTRATION FORM. We accept all major credit cards, Interac, cheque or cash. Participants will be registered in order of receipt.

### CANCELLATION POLICY

Please note that ALL PAYMENTS ARE NON-REFUNDABLE but can be transferred to other Prince George Cougars products for the 2022-23 Season.

### EQUIPMENT

Participants must have complete ice-hockey equipment, including sticks, skates, helmet with cage, neck guard, etc. Off-ice sessions require athletic shoes, jacket or hoodie, shorts or track pants, t-shirt, swimsuit & towel, hat and sunscreen.

### INJURY/LOSS OF PROPERTY

The Prince George Cougars accept no responsibility for personal injury or loss of property while participants utilize the facilities of the CN Centre and surrounding areas, and reserve the right to alter programs as necessary.

## DAILY SCHEDULE

### GROUP 1 - ROOKIES (AGES 7-8)

8:00 AM - 3:30 PM (MONDAY - FRIDAY)

- 60 min. morning & afternoon ice sessions with Cougars Coaches & returning players!
- Off-ice sessions to include team bonding hikes, field games *and more!*
- Daily lunch at the CN Centre!
- An exclusive ride on the Cougars' Team Bus!
- Keeper Cougars Hockey School Jersey!

### GROUP 2 - HOT SHOTS (AGES 9-10)

7:30 AM - 3:30 PM (MONDAY - FRIDAY)

- 60 min. morning & afternoon ice sessions with Cougars Coaches & returning players!
- Off-ice sessions to include team bonding hikes, field games, swimming *and more!*
- Daily lunch at the CN Centre!
- An exclusive ride on the Cougars' Team Bus!
- Keeper Cougars Hockey School Jersey!

### GROUP 3 - ALL STARS (AGES 11-12)

8:00 AM - 3:30 PM (MONDAY - FRIDAY)

- 60 min. morning & afternoon ice sessions with Cougars Coaches & returning players!
- Off-ice sessions to include team bonding hikes, field games, swimming *and more!*
- Daily lunch at the CN Centre!
- An exclusive ride on the Cougars' Team Bus!
- Keeper Cougars Hockey School Jersey!

Prince George Cougars Hockey Club

#102 - 2187 OSPIKA BLVD. S., PG, BC, V2N 6Z1

MONDAY-FRIDAY 9:00 AM - 4:30 PM

P: 250.561.0783 / F: 250-561-0743

e: admin@pgcougars.com



# 2022 SUMMER HOCKEY SCHOOL

## AUGUST 22-26

### • GROUP 1 - ROOKIES

AGES 7-8

### • GROUP 2 - HOT SHOTS

AGES 9-10

### • GROUP 3 - ALL STARS

AGES 11-12

### PRICE INCLUDES:

- TWO 60 MIN. DAILY ICE SESSIONS with the Cougars Coaching staff and returning players!
- Daily lunches at the CN Centre!
- Fun off-ice fitness activities!
- Official Cougars Hockey School Jersey!
- 4 youth vouchers for any 2022-2023 regular season home game!  
(Subject to availability)

### PLUS!..

- An exclusive ride on the Official Cougars Team Bus and MORE!..



## OVERVIEW & PHILOSOPHY

The Prince George Cougars Hockey Club prides itself on responding to the needs of today's young players. To bring out the best in each athlete, we offer a unique program with an emphasis on **"FUN & FUNDAMENTALS"**. In our state-of-the-art facility, participants will develop their skills, while the coaching staff emphasizes the importance of sportsmanship and teamwork, resulting in a greater appreciation of the game.

## HOCKEY SCHOOL AGE GROUPS

### MAX 24 PLAYERS & 4 GOALIES PER EA. GROUP

**GROUP 1**     **ROOKIES**     AGES 7-8

**GROUP 2**     **HOT SHOTS**     AGES 9-10

**GROUP 3**     **ALL STARS**     AGES 11-12

## PRICE

**\$399.00 + \$19.95 GST = \$418.95**

### PRICE INCLUDES:

- Two 60 min. daily on-ice sessions at the CN Centre with members of the Cougars Coaching Staff and returning players!
- Fun off-ice fitness activities including team-bonding hikes, swimming & more!
- Daily lunch at the CN Centre!
- An exclusive ride on the Cougars' team bus!
- Hockey school keeper jersey, and a commemorative group photo with the coaches and players!
- 4 youth vouchers for any 2022-2023 PG Cougars home games! (Subject to availability)
- A one-time use Cougars Den discount voucher!

## HS REGISTRATION INFORMATION

PLEASE PRINT CLEARLY

PLAYER NAME: \_\_\_\_\_

BIRTHDATE: \_\_\_\_\_ AGE: \_\_\_\_\_

YEAR / MONTH / DAY

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ PROV.: \_\_\_\_\_

CARE CARD No.: \_\_\_\_\_

PARENT/GUARDIAN: \_\_\_\_\_

e-mail: \_\_\_\_\_

PARENT PH: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_

☐ **GROUP 1** (AGES 7-8)

☐ **MALE**

☐ **GROUP 2** (AGES 9-10)

☐ **FEMALE**

☐ **GROUP 3** (AGES 11-12)

☐ **FORWARD**

☐ **DEFENSE**

☐ **GOALTENDER**

## JERSEY SIZE

**YOUTH**   ☐ S/M   ☐ L/XL

**ADULT**   ☐ S   ☐ M   ☐ L   ☐ XL

**PLEASE ENSURE YOU ORDER THE CORRECT SIZE AS  
EXTRA JERSEYS MAY NOT BE AVAILABLE TO SUBSTITUTE**

## PAYMENT DETAILS

☐ CREDIT CARD

☐ INTERAC

☐ CHEQUE

☐ CASH

CARD No.: \_\_\_\_\_ EXP. \_\_\_\_/\_\_\_\_

CARDHOLDER'S NAME: \_\_\_\_\_

AMOUNT: \_\_\_\_\_

## OFFICE USE ONLY

DATE RECEIVED: \_\_\_\_\_ REG. #: \_\_\_\_\_

TOTAL COST: \_\_\_\_\_ ☐ STM

## MEDICAL HISTORY

PLEASE LIST ANY MEDICAL CONDITIONS, ALLERGIES OR RECENT INJURIES:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## PHOTO/VIDEO WAIVER

☐ **I HEREBY GIVE PERMISSION** for images of my child captured during the Prince George Cougars summer hockey school, through video and/or digital camera, to be used solely for the purpose of Prince George Cougars promotional materials, publications or social media channels, and waive any rights to compensation or ownership thereto.

☐ **I DO NOT GIVE PERMISSION** for images of my child to be taken during the Prince George Cougars summer hockey school.

## WAIVER & RELEASE OF LIABILITY

The undersigned acknowledges, appreciates and agrees that: The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment and personal discipline may reduce the risk, the risk of serious injury does exist; and I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my child's participation.

\_\_\_\_\_  
NAME OF PARTICIPANT (PLEASE PRINT)

\_\_\_\_\_  
SIGNATURE OF PARENT/GUARDIAN

DATE: \_\_\_\_\_  
YEAR / MONTH / DAY