



www.MJShockey.com

# ELITE HOCKEY SUMMER CAMP

*Hosted by:  
Bridgewater Sports Arena &  
Competitive Advantage Fitness*

The Mid-Jersey Selects Elite Hockey Camp is an all-inclusive program that takes care of all your off-season needs. Our strength training system focuses on developing balance, movement, strength and energetics to help build bigger, stronger, faster and smarter athletes. Our unique approach to on ice skill development is designed to foster the skills needed to be an impact player at any level. Combined, we systematically train the fitness characteristics that directly transfer to hockey skills and tactics. These high intensity camps are designed for the committed athlete.

Camp space is limited to 35 participants + 4 goalies per session. Players are not guaranteed a spot in the camp unless they meet the criteria of the camp. A full refund will be given to any participant not accepted.

**ONLY \$180 PER WEEK**

## **CAMP REQUIREMENTS:**

Must be in or entering high school for the 2011-12 school year  
Must be playing the upcoming season at travel A or higher



## **DAILY CAMP SCHEDULE:**

6:15pm - Arrival  
6:30pm - 7:15pm - Dry land training  
7:30pm - 8:45pm - On ice training

## **CAMP WEEKS:**

Week 1 - July 18th - July 21st  
Week 2 - August 1st - August 4th

\*pre-register any time, walk ups will be taken on first day only if spots are available\*  
\*no partial week sign ups\*

## **DRY LAND AND ON ICE TRAINING WILL BE LEAD BY:**

Sean Cromarty - Former NCAA D-I player (Colorado College), former ECHL player (Wheeling Nailers) and coach of the Mid Jersey Selects U16 AAA program.  
Along with other guest coaches with NCAA or Professional hockey experience!!

Camp run in association with Competitive Advantage Fitness and Bridgewater Sports Arena - All training is conducted at:  
Bridgewater Sports Arena - 1425 Frontier Rd - Bridgewater, NJ 08807 - Ph (732) 627-0006 - Fax (732) 627-0973 - Hockey@BSAarena.com



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**PLEASE FILL OUT FORM COMPLETELY AND SUBMIT TO:**

**Bridgewater Sports Arena, 1425 Frontier Rd., Bridgewater, NJ 08807**

*Ph (732) 627-0006 - Fax (732) 627-0973 - E-mail Hockey@BSAarena.com*

**Name:** \_\_\_\_\_ **DOB:** \_\_\_\_\_ **Position:** **F** **D** **G**

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **St.** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone (h):** (\_\_\_\_) \_\_\_\_\_ **Phone Cell:** (\_\_\_\_) \_\_\_\_\_

**Email:** \_\_\_\_\_

**High School Team:** \_\_\_\_\_ **Club Team/Level:** \_\_\_\_\_

**Session(s) Attending:** *circle your selection(s)* **Week 1** **Week 2**

**Payment by Credit Card:**

**CC#** \_\_\_\_\_ **Exp:** \_\_\_\_\_

Did you play Mid-Jersey  
Selects Spring '11?  
YES NO

### Release and Waiver of Liability

I hereby give my approval for the above named applicant to participate in the BSA Mid-Jersey Selects Camp. I understand that there are many risks inherent in, and incidental to ice skating and participation in ice hockey, and I am willing to participate (or to permit the applicant to participate, if different from the undersigned to participate) in the BSA Mid-Jersey Selects Camp. I assume all risks inherent in and incidental to such participation and I hereby release, absolve, indemnify, and hold harmless: Bridgewater Sports Arena, DJD Amusement LLC there partners, members, officers, employees, and staff of any claim arising out of any injury to me (or the applicant, if different from the undersigned). In the event that I (or applicant, if different from the undersigned) am injured and am not able to act for myself, I hereby authorize and request: the partners, members, officers, employees or staff of the Participating Rinks\* to act on my behalf to secure appropriate medical treatment. From time to time, pictures may be taken in which participants may appear. I authorize DJD Amusements LLC DBA Bridgewater Sports Arena to use said pictures in public displays or advertising.

**Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Medical Issues:** \_\_\_\_\_

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