



2020 Future Stars

Goalie Clinic

**Announcing our 2020 Goalie Clinic.
Let us help you take your game to
the next level!**

2020 Program Details

Who: Goaltenders Only
When: 8 one-hour long sessions May-Jul
Where: Twin Ponds East Puddle
Cost: \$325 per player (incl. jersey)
Size: Maximum of 9 goalies

About Five Hole Hockey

Five Hole Hockey was founded in 2006 with the goal of helping amateur hockey players develop their skills, pursue advanced and elite levels of hockey, and to help players further themselves as individuals through the game of hockey. Today we see our former players reaching every level of junior hockey and U.S. college hockey. We even have some alumni playing professionally including in the NHL!

In 2013, we launched the Future Stars program to help provide a strong fundamental base and love for the game in some of the youngest players as these players are truly the future of the sport.

Head Instructor: Andy Holmes

A founder of Five Hole Hockey, Andy is a Level 4 Certified USA Hockey Coach and currently runs Five Hole Hockey. He brings over 35 years of playing and coaching experience to our organization. He has worked with players of all ages, abilities, and positions throughout his career. Andy believes in developing a strong fundamental skill set along with a love of the competition and of the game in today's players.

In addition to his role with Five Hole Hockey, Andy has served as an instructor for The Goalie Academy for over 14 years and has coached at the Tier 1, Tier 2, and House of youth hockey as well as at the High School and ACHA college levels. He also consults with elite level AAA and junior coaches and hockey programs each season. Andy spent 5 seasons as a Regional Scout in the USHL and 10 years developing and running a Prospects Camp for players. During that time he helped hundreds of players further their development and reach high levels of the game.

As a player, Andy started in the Hershey Youth Hockey program and went on to play Division 1 Prep School hockey at Choate. After completing high school, he played 3 years of junior hockey in the U.S. & Canada and completed his playing career with the Quad City Mallards of the UHL (Washington Capitals affiliate). His educational background includes a B.S. degree as well as an M.B.A.

Program Philosophy:

We are blessed to have a wealth of goaltending knowledge and experience on our coaching staff. This program is designed to provide goaltenders with the specific training they need. This program will be based on working with pairs of goaltenders in a station based set up and is designed to have a goalie to coach ratio of 3:1. Areas of focus will be:

Skill Development – Each session will include dedicated on ice time focused on the age-appropriate skill development of each individual player.

Thinking the Game – We strive to teach our players to think the game and to help them see situations, recognize options, and make the right decision.

Concepts & Competition – Each session will also include dedicated on ice time focused on situational concepts and competition.

Areas of Emphasis:

Summer is the time to focus on a goalie's individual skill sets and hockey knowledge. Our clinic is designed to help every goalie improve in a small, focused, instructional setting. Areas we will focus on include:

- Skating - lateral, diagonal, and situational skating
- Save Technique - learning proper technique
- Save Selection - learning the proper save for the situation
- Rebound Control - learning how to control the game
- Poke Checks & Stick Skills - learning how to take options away
- Playing the Puck – developing our puck skills to help our teammates

Format:

Each session will be station based and led by 3 coaches. We will place the goalies in pairs and rotate through a series of stations, each focusing on a specific skill, technique, or situation. Each session will also include a competition element for the goalies.

Tentative Schedule:

The sessions will be during the week from May-July. A final schedule will be ready soon and emailed to parents no later than the beginning of March.

Registration:

This program is strictly limited to 9 goaltenders. A registration form is attached.
The Registration Deadline is February 29, 2020.

To register, please: Complete the attached registration form and return it along with payment to us at:

Five Hole Hockey • 1152 Mae Street, Hershey Square #219 • Hummelstown, PA 17036

Payments can be made in the form of cash, check, or money order payable to Five Hole Hockey. If you would like to pay by credit card please call us at 717-798-7615.

2020 Five Hole Hockey Registration Form

Consent for Medical Treatment

I, _____ give my permission for me/my child to receive an emergency medical treatment by a healthcare professional, including emergency medical transportation, which may be required for injuries sustained by me/my child. I agree to allow Five Hole Hockey, L.L.C. to sign for any necessary medical treatment for me/my child. I agree to indemnify and hold harmless all Releasees and Five Hole Hockey, L.L.C. for any costs incurred to treat me/my child, even if Five Hole Hockey, L.L.C. and/or a Releasee has signed hospital documentation promising to pay for treatment and agree to pay for all incurred costs of the medical treatment and transportation. I agree to release any necessary hospitals records to my/my child's insurance company.

I agree to follow all instructions, rules, and procedures in order to maintain a maximum level of safety at all times. YES NO

I have read and agree to follow all of Five Hole Hockey, L.L.C.'s Policies at <http://www.fiveholehockey.net/html/policies.html> and I understand that absent any specific policies relating to an age group or program, Five Hole Hockey will strive to follow USA Hockey regulations. YES NO

Participant's Name: _____ DOB: _____

Parent/Legal Guardian's Signature: _____ Date: _____

Contact in the event of an emergency: _____ Relationship: _____

Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone 1: _____ Cell Phone 2: _____

Parent/Legal Guardian Email: _____ Parent/Legal Guardian Alternate Email: _____

Do you have any conditions that will prevent you/child from participating safely in this event? YES NO If yes, please explain: _____

Do you/child have any medical conditions that we should be aware of such as asthma, diabetes, seizures, and/or etc.? YES NO If yes, please list _____

Condition/s: _____

Have you/child had any concussions? YES NO If yes, how many? _____ Dates: _____

Have you/child been cleared by a doctor to play ice hockey games? YES NO Date cleared: _____

Do you/child currently have medical insurance? YES NO

Five Hole Hockey, L.L.C. Waiver and Release From Liability

In consideration of being allowed to participate in any athletic/sports events sponsored by **Five Hole Hockey, L.L.C.**, and any related events and activities, and intending to be legally bound, the undersigned:

1. Agree that the parent(s) and/or legal guardian(s) will instruct the minor participant that prior to participating he or she should inspect the facilities and equipment to be used, and if the participant believes anything is unsafe, he or she should immediately advise his or her coach or supervisor of such condition(s) and refuse to participate.
2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability, and death, and severe social and economic losses which might result not only from their own actions, inactions or negligence, but the action, inaction or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time.
3. Assume all the foregoing risk and accept personal responsibility for the damages following such injury, permanent disability or death.
4. Release, waive, discharge covenant not to sue **Five Hole Hockey, L.L.C.**, its affiliated clubs, their respective administrators, directors, agents, coaches, and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event, all of whom are hereinafter referred to as "releasees," from any and all liability to each of the undersigned, his or her errors and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or part by negligence of the release or otherwise.

THE UNDERSIGNED AGREES AND UNDERSTANDS, EITHER ON BEHALF OF HIMSELF OR HERSELF IF THE UNDERSIGNED IS 18 YEARS OR OLDER, OR ON BEHALF OF HIS OR HER WARD (CHILD) IF ONE OF THE UNDERSIGNEDS IS A MINOR UNDER THE AGE OF 18 YEARS, THAT ANY AND ALL FEES, MONIES, ADMISSIONS OR OTHER PAYMENTS TENDERED TO **FIVE HOLE HOCKEY, L.L.C.** IN CONNECTION WITH THE PARTICIPATION OF THE UNDERSIGNED OR THE UNDERSIGNED'S WARD AS THE CASE MAY BE, ARE NOT REFUNDABLE BY **FIVE HOLE HOCKEY, L.L.C.** UNDER ANY CIRCUMSTANCES.

WE/I HAVE READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT THEY HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT VOLUNTARILY.

DATE PARTICIPANT SIGNATURE MINOR PARTICIPANT'S PARENT OR GUARDIAN SIGNATURE (IF PARTICIPANT IS UNDER 18 YEARS OF AGE)

