

THE CAN-PRO STAFF

At CAN-PRO, our courses are conducted with the theme: **“WE NOT ONLY SHOW YOU, WE TEACH YOU HOW TO PLAY BETTER HOCKEY”**. Our instructors are professional educators with extensive hockey backgrounds. Their purpose is to help the student learn more about hockey so that he/she can have more fun playing hockey now and in the future.

JOE MANCHUREK, B.A., M.ED. - Director, High School teacher and Jr. hockey coach. Coordinator of several hockey programs in Calgary as well as an instructor for the N.N.H.A.

KEVIN HERKENDAAL, B. Tech., Asst. Director technical analyst and goaltending instructor.

PETER MIELZYNSKI, B. SC., B. ED. - Clarkson College N.C.A.A. Div. 1 (USA) goaltender, body building specialist.

TIM MARTIN, B. PE. - High School Phys. Ed. teacher and minor hockey goaltending coach. Currently playing in Alberta Centennial Hockey League.


ROB BROWN, B.Ed. High School Teacher and Coach.

SCOTT BOLLAND, Played Jr. Hockey with the Lethbridge Hurricanes W.H.L and in the Royals.Hockey Organization. Goaltending Instructor

DENNIS HORAN, B. SC. - Played for University of Alberta and is presently the head coach of a Calgary “AA” hockey club.

JIM FINNEY, - Intermediate Coaches Level Certificate, played for Calgary Canucks, Midget AAA Coach.

The staff listed above is typical of the highly qualified personnel that will be present at the camp. CAN-PRO Hockey Academy prides itself in giving excellent quality instruction to our hockey students.



**TUXEDO
Source
for sports.**

Jack Gregory

2520 Centre St. N. Tel: 403-277-2872
Calgary, Alberta Fax: 403-277-6317
T2E 2V2 email: tuxts@telusplanet.net

GENERAL INFORMATION

All students must wear full hockey equipment including helmets when on the ice. Check in for the program will begin 1 hour prior to the course start time on Monday.

ADULT HOCKEY SCHEDULE

7:00 p.m. - 8:30 p.m.	On Ice
8:30 p.m. - 8:45 p.m.	Break
8:45 p.m. - 10:15 p.m.	On Ice
10:30 p.m. - 11:00 p.m.	Classroom Lecture

PROGRAM FEES

Adult Hockey Program (G.S.T. Included).....**\$379.00**

PROGRAM LOCATION

Lake Bonavista Community Association Arena
1401 Acadia Drive SE.Calgary , Alberta

REGISTRATION INFORMATION


To register, please complete the program application and include the program fee in either of the following ways:

1. a cheque at the time of registration for \$379.00 , or
2. a cheque dated at the time of application in the amount of \$279.00 plus a cheque post dated to June 1st 2010 in the amount of \$100.00 and mailed to the address listed below.

REGISTER EARLY IN ORDER TO OBTAIN ACCEPTANCE AS ALL PROGRAMS TEND TO BE FULL BY JULY.

Your cancelled cheque will be your receipt! Please make sure that it has been cashed to guarantee your enrollment. **Cheques or money orders should be made payable to:**

CAN-PRO HOCKEY ACADEMY
127 Sackville Drive S.W.
Calgary, Alberta T2W 0W4



Lake Bonavista Community Association

**HOME OF THE
CAN-PRO HOCKEY ACADEMY**

1401 ACADIA DR. S.E.
CALGARY, ALBERTA
T2J 4C8 271-7107

CAN-PRO

ADULT HOCKEY & SKILLS PROGRAM

1. Aug 9th - 13th, 2009
2. Aug 16th - 20th, 2009

IMPROVE YOUR HOCKEY WITH PROFESSIONAL INSTRUCTION

“The one-on-one training that I received helped me to become a better player.” D. K., Victoria, BC

CELEBRATING
28
YEARS OF
HOCKEY
EDUCATION



**AN ALL –
WEEK
EVENING
COURSE
STRICTLY
FOR
ADULTS**

CAN-PRO HOCKEY ACADEMY
127 Sackville Drive S.W.
Calgary, Alberta. T2W 0W4
(403) 255-2952
www.canprohockey.com

APPLICATION & PROGRAM FEES

Name: _____
Print surname first

Address: _____
Street & Number

City _____ Prov./State/Country _____

Postal Code: _____ Phone: _____

E-mail address: _____

Age: _____ Position Played: _____

PROGRAM REQUESTED (check program date desired)

(1) Aug. 9th –13th, ____; (2) Aug. 16th –20th, ____

Where did you hear about CAN-PRO?

Poster _____ Friends _____ Coach _____

Website _____ Newspaper _____ Other _____

Attended Before: Yes _____ No _____ Year _____

The hockey school, the arena, the people employed at the facility, its coaches and/or instructors are not liable for any injuries, lost, stolen, or broken articles while attending the school. We reserve the right to cancel school application or make adjustments as dictated by enrollment, or by any acts of God (floods, lightning, power failures, etc.) which may result in termination of the school itself during the any of the programs.

CANCELLATION AND REFUND POLICIES

Requests for refunds will be honored up to 60 days to the starting date of your session. Refunds for medical reasons only will be issued to students up to June 1st, 2010. Cancellation for medical reason must be accompanied by a doctor's certificate. There will be a 30% administration processing charge based on the registration fee on all cancellations. All cheques returned by the bank are subject to a \$30 surcharge. No refunds will be given to expelled players or those who leave of their own accord.

 Signature of Applicant

 Date

THE CAN-PRO HOCKEY ACADEMY'S 28th SPECIALIZED HOCKEY SCHOOL

Adult Hockey Skills & Conditioning Camp

This program is designed to enhance the skills, knowledge and strength of the recreational player. Learn more about the game from highly qualified instructors, who will help you to analyze your overall game, improve fundamentals and team play, develop personal fitness, and receive personal video skating consultation. The five evening sessions (Monday to Friday) consist of 3 plus hours on-ice training and classroom instruction each evening. In addition, students will take part in a 5 game instructional mini tournament which will be video taped and shown to the class on Friday night. **Goalies will receive individual instruction with fundamentals from a qualified goal instructor. We will help you make playing hockey a more enjoyable experience next season.**

Team Skills Camp

Is your team having a tough time winning? Are your team's offensive and defensive skills in need of improvement? The CAN-PRO hockey academy now offers a solution to these problems. Our team skills camps will bring to your ice time a select group of instructors to run a specialized practice for your team. CAN-PRO can improve team performance.

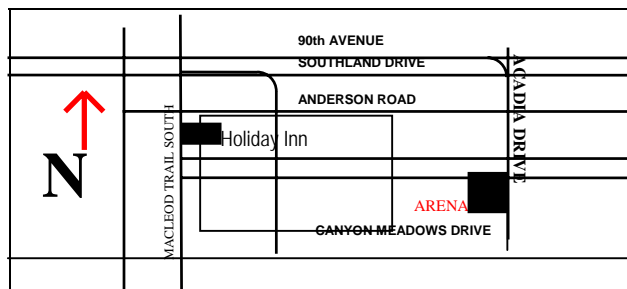
Goaltending Skills Camps

The CAN-PRO Hockey Academy also offers our Specialized Goaltending Clinics to individual teams and community associations. Instructors are available to attend your ice times and work with your goaltenders to help increase their skill level and confidence on the ice.

Accommodation

For those students who will be attending from out-of-town, accommodation is available at:

Holiday Inn Express, Travelodge Macleod Tr. S.
12025 Lake Fraser Drive S.E., 9206 Macleod Tr. S.E.
Phone 1-877-429-4377; Phone 1-403-253-7070



ADULT SKILLS / CONDITIONING CAMPS

“ The presentation and format of the overall program was excellent.”
 T.A.M.Vancouver, BC

Non-contact hockey has become a popular sport equal to softball, tennis, and even golf. Many players are just learning about the game as they play. Others are further skilled but lack the knowledge of how to set up and play positional hockey, while others just want to get conditioned for the upcoming season. The CAN-PRO Hockey Academy has established an evening program for the adult/oldtimer hockey player to cover these needs. This program has become quite popular and has been featured on CBC television. We have organized an excellent instructional staff, all of which are familiar with non-contact hockey. Our instructors will analyze the player's overall game, work on improving his fundamentals and team play, video-tape his skating and shooting style and introduce the player to innovative methods to improve his skills, knowledge and fitness. Our adult students will be further ahead of others who only watch and talk about how the game should be played. They will learn, develop, and increase their skills involved in the game where it really matters - on the ice. Above all, they will have a more enjoyable experience during the following years. Players should register early, as this program is extremely popular.

The CAN-PRO intensive program includes the following:

1. **Power Skating**
 Balance and coordination drills
 Stop-start and acceleration drills
 Skating backwards, fundamentals and techniques
 Turns (forward and backward)
2. **Individual Skills**
 Puck control, stick-handling, passing
 Shooting(wrist / snap shots-accuracy, speed, power)
3. **Positional Play**
 Offense and defense positional formations
 Power play and penalty killing formations
 Fore-checking and back-checking strategies
4. **Instructional Scrimmages**
 Reinforcement of positional play, individual cognition and group cohesiveness
5. **Lecture Sessions**
 Play formation and theories, game rules, video analysis, equipment innovations, game replay, etc.

This program is held Monday - Friday evenings so that it will not interfere with the player's workday.

**(1) Aug. 9th to 13th; and (2) Aug. 16th to 20th
 7:00 p.m. -11:00 p.m.**