2017 CARDINALS GIRLS HOCKEY CAMP
August 14th to 17th 2017

HOSTED BY THE PLATTSBURGH STATE UNIVERSITY WOMEN’S HOCKEY TEAM

Led by Plattsburgh State Coaching Staff


Head Coach Kevin Houle
Assistant Coach Danielle Blanchard
The Cardinals are pleased to announce this year’s girl’s hockey camp from August 14th to 17th 2017!!

The Cardinals camp is designed for the girl hockey player striving to advance and develop their skill level. The camp will be broken into three age groups: players between the ages of 7-10, the ages of 11-13 and 13-16. Players may be placed differently depending on ability or attendance.

- Coaching staff run proficient on ice skill and drill sessions that are structured to improve and increase player development.
- Coaching staff run technical on ice skating exercises to enhance stride, speed and power.
- Player ability is further developed through dry-land training workouts.
- A goalie coach will be on staff.
- All on ice sessions will be held at the Ameri-Can North Sports Center in Plattsburgh, New York.
- Limited spots available- Enrollment of 50 players and 4 goalies.
- This year we are practicing “Healthy Eating Habits”. Please bring a healthy lunch and snacks. Lunch will not be provided. Snack bar on site.
- Players will all receive a camp T-shirt.
- Cost: $225 per player tax included, $200 per goalie tax included.
- Registration is on a first come, first served basis.
- Each participant is required to submit a Parental Release and Health Form. These forms will be emailed to each player upon acceptance to camp.
DETAILS

Dates: Monday August 14th to Thursday August 17th, 2017

Time: 8:30am until pick up at 3:30pm

Where: Ameri-Can North Sports Center, Plattsburgh, NY

Throughout Camp:
- 2 On Ice Sessions Each Day
- A Dry-Land Training Session Each Day
- Team Bonding Activities
- Leadership Exercises

To Bring List:
- Full Hockey Equipment
- Hockey Socks
- Jersey
- Sticks
- Water Bottle
- Sticks and Sock Tape
- Shorts and T-shirt
- Sneakers
- Healthy Lunch and Snacks
# REGISTRATION

## August 14th to 17th 2017 Cardinals Girl’s Camp Registration Form

Please Print

<table>
<thead>
<tr>
<th>Last Name</th>
<th>First Name</th>
<th>D.O.B</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Address: Street</th>
<th>Apt.</th>
<th>City</th>
<th>State/Province</th>
<th>Country</th>
<th>Zip/Postal Code</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Name of Parent/Guardian’s**

(_____)_________________(_____)________________________________________________

**Phone Number**

Alternative phone Number

E- Mail Address

(    )

**Name of Emergency Contact**

Relationship

Phone Number

**Player Position**

**Current Team**

**T-Shirt Size (Circle One):** Youth S M L XL Women’s S M L

*Registration is accepted until August 6th, 2017 or until camp is full. Please send registration form via e-mail, fax or mail to: Danielle Blanchard

**E-mail Address:** [dblan005@plattsburgh.edu](mailto:dblan005@plattsburgh.edu)

**Fax:** 518-564-3069

**Mailing Address:** Field House Women’s Hockey Office, 101 Broad St. Plattsburgh, NY, USA 12901

**Payment:** Due by August 6th, 2017 Cash or Checks Only: Payable to Cardinals Hockey Camp

- $225/player
- $200/goalie

* All Taxes Included in Pricing

For more information please contact:
Danielle Blanchard: [dblan005@plattsburgh.edu](mailto:dblan005@plattsburgh.edu)
Kevin Houle: [houlekJ@plattsburgh.edu](mailto:houlekJ@plattsburgh.edu)
Women’s Hockey Office Phone Number: 518-564-4243