

SUMMIT SPORTS TRAINING

STRICTLY HOCKEY

Stickhandling & Shooting Sessions
60 minutes in length
Dynamic warm-up
Eye-hand coordination exercises
Balancing exercises w/ stickhandling
Breakdown of shooting technique
Exercises isolating stages of shooting
All sessions with Hockey Performance
Coach: **DREW COX**

PERFORMANCE TRAINING

Elite training methods to improve your strength, flexibility, agility and speed through...

- Plyometrics
- Change of Direction
- Running Treadmill
- Hockey Treadmill
- Functional (balance, flexibility)



STOP IN AND SEE US ON
THE 2ND FLOOR OF ICE LINE.
CALL 610-436-1600 FOR
PACKAGES AND RATES.
summitsportstc.com

**Interested in improving your hockey skills?
Join our Women's Summer Skills Clinic**

**Every Friday 7:15-8:30 PM
May 30th-August 22nd**

**We will work on:
Skating, Shooting, Passing,
& Game Situation Drills**

Call 610-436-9670 x131 for more details.

Need Equipment?

Visit the
ICE LINE PRO-SHOP

We specialize in

- Hockey equipment
- Skates
- Apparel
- Apparel
- Team Jerseys
- Skate Sharpening

ICE LINE
700 LAWRENCE DRIVE
WEST CHESTER, PA 19380



2nd Annual Iron Woman Challenge Cup

Women's Divisions
OPEN-All skill levels
D-Beginner/Intermediate



August 15, 16, 17, 2008
West Chester, PA

ICE LINE QUAD RINKS
700 Lawrence Drive
West Chester, PA 19380
Phone: (610)436-9670
Fax: (610)429-0295



2nd Annual Iron Women Challenge Cup

2nd Annual Iron Women Challenge Cup

Tournament Info

Levels:

OPEN-This division is set up to give players the opportunity to play with their friends no matter what level you play

D-Players and teams should be at the beginning to intermediate level.

- Guaranteed 3 Game Minimum
5 Game Maximum (Round Robin)
- All games played in 12-12-15 format
- All games will be played to completion
- No curfews
- All USA Hockey Rules apply
- All teams must be registered with USA Hockey
- Team Awards for Champions and Runners-Up

Dates

August 15, 16, 17, 2008

All Games played at the beautiful

ICE LINE Quad Rinks,

West Chester, PA

(only 20 miles west of Philadelphia)

Tournament Cost

\$550.00

No Spectators Fee

All teams should be prepared to play by Friday at 4pm. The tournament committee will do its best to honor any special requests.



Direct inquiries to:

Rob Lewis-Hockey Director

ICE LINE Quad Rinks

700 Lawrence Drive

West Chester, PA 19380

(610)436-9670

Email: rlewis@iceline.info

Website: www.iceline.info

Team Registration

Team Name _____

Level (Please check the appropriate box)

- Adult A Open
- Adult B Intermediate
- Adult C Beginner

Team Manager _____

Street Address _____

City _____ State _____ Zip _____

Phone (H) _____

(C) _____

Email _____

Hold Harmless Agreement

Having full knowledge of the nature of this activity and the hazards involved, I hereby certify that I have personal Medical Insurance coverage for any "bodily injury" that may occur and assume full responsibility for all losses and injuries sustained while involved in this activity as it relates to this facility. I also hold harmless ICE LINE, its insurers, their agents, and employees, and any of its associates from any claim related thereto.

Signature _____ Date _____

Mail application and deposit to:

700 Lawrence Drive
West Chester, PA 19380
(610) 436-9670
Fax (610)436-8729

