

Need Equipment?

Visit the
ICE LINE PRO-SHOP

We specialize in

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

Pay in Full for I-League
by **10/25/2009** and receive a
5% discount in the Pro-Shop



Dry land workouts are important for Hockey. Summit can help you achieve an athletic body & mind.

With their state-of-the-art Viking Ice & Hockey Treadmill, you will get a workout designed to help you play at your full potential. Athletic Trainers will design a routine that meets your needs.

**Call Today for a FREE Consultation:
610-436-1600**

Open Hockey

Monday-Friday 12pm-1:30pm

Bring your equipment and enjoy a pick-up game. Time subject to change call 610-436-9670 ext 0 for up to date times



700 Lawrence Drive
West Chester, pa 19380

I-LEAGUE

Instructional Hockey

For Adults

Men & Women



Fall/
Winter
2009-2010

ICE LINE QUAD RINKS

700 LAWRENCE DRIVE
WEST CHESTER, PA 19380

PH. 610-436-9670

FAX 610-436-4622

WWW.ICELINE.INFO

ICE LINE



The I-League Program

For Men and Women

Our program teaches the adult player the skills needed to play the game. We will introduce the concepts of team play. This program is designed for the beginner to the "C" league player. We offer an 18 week schedule that allows for continued development over a long period of time. Our goal is to move the adult players to our adult league. Our trained staff works hard to provide the best instruction in the area.

Program Highlights will include:

- *Positional Play
- *Forward/Backward Stride
- *Stickhandling Moves/Fakes
- *Shooting: wrist, backhand, slap, snap
- *Proper use of inside/outside edges
- *Offensive & Defensive concepts
- *We will answer any questions you have!

The Instructor

Jon Bernard, hockey director at Ice Line, played for U MASS-Boston. He is currently the head coach for WC Henderson Varsity and the Jr Flyers Peewee Major Team.

The Required Equipment

- *Helmet with full cage
- *Pants
- *Elbow Pads
- *Shoulder Pads
- *A Jersey will be provided at the 1st session.
- *Skates
- *Shin Guards
- *Stick
- *Gloves

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The Season

October 25, 2009 - March 21, 2010

The Schedule

Sunday's 10/25/09-3/21/10
9:45pm-11:00pm

**18 ice slots will be divided between
practices & games as follows:**

- 4 practices followed by 4 games
- 1 practice followed by 4 games
- 1 practice followed by 4 games

Dates:

10/25, 11/1, 11/8, 11/15, 11/22, 12/6, 12/13,
12/20, 1/3, 1/10, 1/17, 1/24, 1/31, 2/21, 2/28, 3/7,
3/14, 3/21

The Cost

Entry Fee: \$335.00

*\$175.00 non-refundable deposit
Due with registration*

*Balance of \$160.00
Due January 17, 2010*

**Can't make the entire season?
Come weekly for \$20/Session**

League Contact

Jon Bernard
610-436-9670 x-130
bernard@iceline.info

Visit our website:
www.iceline.info
For more details.

I-League Fall-Winter 2009-10

Players Name

Jersey Size

Experience

Address

City

State

Zip

Home Phone

Cell Phone

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

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*Please Complete Registration Form
And Return with Payment to:*

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Phone: 610-436-9670