

## 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 **10/16/2011** and receive a  
5% discount in the Pro-Shop

## 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

## HPATC

**High Performance Athletic Training Center**  
**Play at the level you train.**

### Features:

- 35 yard Olympic Sprint Track
- 1120 sq ft Pro Turf agility surface
- 3000 sq ft strength center
- Woodway High Speed Treadmill
- 1000 sq ft Functional movement center
- 8 Olympic power platform stations
- Plate loaded Iso-Lateral strength system
- Athletic consultation & nutritional counseling
- Dual functional trainers with progressive stabilization

Visit our new facility upstairs at Ice  
Line or learn more at  
[www.highperformanceatc.com](http://www.highperformanceatc.com)

700 Lawrence Drive  
West Chester, PA 19380



# I-LEAGUE

## Instructional Hockey

### For Adults

### Men & Women



## Fall/Winter 2011-2012

**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 Bantam Minor Team.

## The Required Equipment

- \*Helmet with full cage
- \*Pants
- \*Elbow Pads
- \*Shoulder Pads
- \*Skates
- \*Shin Guards
- \*Stick
- \*Gloves

\*A Jersey will be provided at the 1st session.

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## The Season

October 16, 2011-March 11, 2012

## The Schedule

Sundays 10/16/11-3/11/12

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:**

10/16, 10/23, 10/30, 11/6, 11/13, 11/20,  
12/4, 12/11, 12/18,  
1/8, 1/15, 1/22, 1/29, 2/12, 2/19, 2/26,  
3/4, 3/11

## The Cost

Entry Fee: \$335.00

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

*Balance of \$160.00  
Due December 1, 2011*

**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 2011-2012**

\_\_\_\_\_  
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