

# Cross Ice 2009-10

STUDENT'S NAME: \_\_\_\_\_

AGE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_

PARENT(S) NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_

CELL PHONE \_\_\_\_\_

EMAIL: \_\_\_\_\_

JERSEY SIZE: \_\_\_\_\_

## HOLD HARMLESS AGREEMENT

Having full knowledge and understanding 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, representatives, and employees and any of its associates from any claim related thereto.

Parent Signature \_\_\_\_\_

Print Name \_\_\_\_\_

Relation to Player \_\_\_\_\_ Date \_\_\_\_\_

## ICE LINE's Cross Ice Program

Ice Line's Cross Ice program for Mites teaches the youth player basic individual skills and team play. This program is designed to make your child's first experience an extremely positive one. This program promotes creativity, quick decisions, and more touches of the puck. We focus on developing the skills of each player in a non-competitive and fun atmosphere. Our main goal is to get the kids on the ice, teach them the basic skills of hockey and to have lots of fun.

### SKATING

Edge control, Ready position, Forward Start, Forward Stride, Control stop (2 foot snowplow, 1 foot snowplow), Backward skating, Backward stop, Control turn, Forward Crossover

### PUCK CONTROL

Lateral dribble, Forward-to-backward dribble, Diagonal dribble

### PASSING AND RECEIVING

Passing: look, slide, point, Receiving: cushion, cup, control, Forehand/Backhand, Eye Contact

### 18 week session includes:

- ★ Eighteen 60 minute on ice sessions
- ★ Skate rental
- ★ Jersey with purchase of 18 weeks

### Cost:

**\$315 (Includes Jersey)  
Payment due with registration.**

## Session Schedule:

**Saturdays 11:45am-12:45pm**

### Session 1 Dates

October 24, 31

November 7, 14, 21

December 5, 12, 19

January 2, 9, 16, 23, 30

February 6, 13, 20, 27

March 6

(No classes 11/28 or 12/26)

### Required Equipment:

*\*Skates; rentals included in cost*

*\*Helmet full cage (HECC Approved)*

*\*Hockey Skates*

*\*Hockey Pants*

*\*Elbow Pads*

*\*Hockey Gloves*

*\*Shin Pads*

*\*Stick*

### Questions?

Contact Nick Russo

Assistant Hockey Director,

610-436-9670 x 111

russo@iceline.info

Head Coach, Nick Russo

Nick is Ice Line's Assistant Hockey Director and has been a teacher, coach and athletic administrator for over twenty years. He has worked at all levels of the sport from youth to professional. Nick is the Head Coach for the 2002 Tier I Jr. Flyers and WC Rustin Varsity.