



3v3
4v4

SPRING HOCKEY 2012



Why play 3vs3/4vs4?

- ✓ Promotes offensive skill development by playing in a small area and having fewer players to foster time with puck and creativity.
- ✓ More time with the puck equals more skill development.
- ✓ Puts players in "game situations" that promotes essential skills and fosters *Hockey Sense*.

Mighty Hockey League

- 3v3 cross-ice hockey.
- Penalties will result in a penalty shot.
- Games will consist of three cross-ice games, one in each end-zone and one in the neutral zone.
- Teams will consist of 9 skaters (3 lines of 3 players) and a goalie.

Prep League

- 4v4 full-ice.
- Penalties will result in a penalty shot.
- Games will be 45 minutes (straight time) allowing a 3 minute warm-up and a 2 minute break at the halfway point.
- Teams will consist of 12 skaters (3 lines of 4 players) and a goalie.

Begins: Week of April 9, 2012
Duration: Guaranteed 10 games
Times: Mighty Hockey (5-8year olds):
 Tuesdays & Thursdays @ 5 p.m.
 @ Sackville Sports Stadium
 + final game on Sunday, May 13th
 Prep (Bantam & High School):
 Sundays/Mondays/Thursdays
 @ Sackville Stadium & East
 Hants Sportsplex
Cost: Mighty Hockey: \$200
 Prep: \$250
 *\$50 deposit due at registration.
Register before March 9th and get \$25 off!

OPEN TO ALL COMMUNITY MEMBERS!

Space is limited—Register now!

TO REGISTER: Complete registration form (on back) and mail/fax/drop off to:
Newbridge Academy
 409 Glendale Drive, Lower Sackville, NS B4C 2T6
 Located in the Sackville Sports Stadium
 Phone: 902.252.3339 Fax: 902.252.3108 Email: erin.gray@newbridgeacademy.ca



Newbridge Academy Spring Hockey 2012 Registration Form

PLAYERS' NAME			
ADDRESS			
CITY, PROVINCE		POSTAL CODE	
PARENT NAME (S)			
CONTACT PHONE #			
EMAIL			
DOB (dd/mm/yyyy)			
SELECT LEAGUE	<input type="checkbox"/> Mighty Hockey <input type="checkbox"/> Prep League	2011/12 TEAM/ LEVEL	
POSITION (check one)	<input type="checkbox"/> Forward	<input type="checkbox"/> Defense	<input type="checkbox"/> Goalie
Disclaimer IN CONSIDERATION OF THE PARTICIPANT AND HIS/HER P ARENT BEING PERMITTED TO REGISTER THE PARTICIPANTS TO PARTICIPATE IN OUR PROGRAMS, I, THE UNDERSIGNED PARENT/GUARDIAN HEREBY RELEASE AND DISCHARGE HOCKEY-TOWN AND NEWBRIDGE ACADEMY FROM ANY AND ALL CLAIMS, DEMANDS, ACTIONS AND CAUSES OF ACTION WHICH I MAY HAVE FOR ANY DAMAGES, LOSS OR INJURY'S SUFFERED BY MY CHILD OR INCURRED BY ME AND RESULTING DIRECTLY OR INDI- RECTLY FROM THE PARTICIPATION OF SUCH CHILD IN SUCH PROGRAM. I HEREBY UNDERT AKE TO INDEMNIFY HOCKEY TOWN, NEWBRIDGE ACADEMY AND ITS SERVANTS, AGENTS AND EMPLOYEES AND HOLD THEM HARMLESS FROM AN IN RESPECT OF ANY AND ALL CLAIMS, DEMANDS, ACTIONS AND PROCEEDINGS WHICH MAY BE BROUGHT BY OR ON BEHALF OF SAID CHILD AGAINST HOCKEY TOWN OR NEWBRIDGE ACADEMY ARISING OUT OF HIS/HER PARTICIPATION IN THE AFORE- SAID PROGRAM AND IN RESPECT OF ANY DAMAGES, LOSS OR INJURY INCURRED BY HIM/HER DURING OR AS A RESULT OF SUCH PARTICIPATION INCLUDING ALL COSTS AND EXPENSES INCURRED IN DEFENDING ANY AND ALL CLAIMS, DEMANDS, ACTIONS AND PROCEEDINGS.			
PARENT SIGNATURE			
TOTAL PAYMENT (\$) Mighty Hockey: \$200 Prep: \$250 *\$50 deposit due at registration	*\$25 off if you register before March 9th!		
PAYMENT	<input type="checkbox"/> Cash <input type="checkbox"/> Cheque <input type="checkbox"/> Credit Card (see below)	<input type="checkbox"/> MasterCard <input type="checkbox"/> Visa	
CREDIT CARD #		EXPIRY DATE	
NAME ON CARD			
CARDHOLDER'S SIGNATURE			

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