

Registration Form

(Use separate form for each player and each camp)

Players Name: _____

Phone #1: _____ Phone #2: _____

DOB: _____ Position: _____

Jersey size: YS-M YL-XL AS AM AL AXL AXXL

Email: _____
(for camp confirmation and agenda)

Last team(s) played with: _____

Camp Enrolling In: _____

Group to enroll: A or B (circle) Position: _____

CAMPS TO CHOOSE FROM:

- 'Achievement Camp' in Boise July 12-16, 2010 \$299
- 'Elite Camp' in Boise August 2-6, 2010 \$299
- 'McCall Camp' in McCall August 19-22, 2010 \$299

LIABILITY WAIVER

The applicant, his/her parent or guardian agree that Jeremy Mylymok, Idaho Ice World, Manchester Ice, its employees, and any person or corporation connected, are not held responsible for any injury, accident or loss, and agree to release same from all claims, costs or damages. We further agree that the applicant has no medical problems, and is in good physical health. We recognize the risks and hazards inherent in such a program, and do hereby agree to assume all responsibility surrounding applicants participation. Players are responsible for their own medical insurance. In the event of cancellation, all monies are non-refundable.

Signature of Parent or Guardian _____ Date _____

Goalies attend for half price!

- Each player receives a Certificate of Participation.
- Each player receives a **Mylymok Camp Jersey**.
- Each player receives great prizes!
- Sign up for 2 Mylymok camps-receive \$25 off second camp

'Achievement Camp' in Boise July 12-16, 2010 5 days M-F

'Elite Camp' in Boise August 2-6, 2010 5 days M-F

'McCall Camp' in McCall August 19-22, 2010 4 days TH-SUN

** reduced hotel rates in both Boise and McCall **

Please mail form and checks payable to:

Jeremy Mylymok

6164 S. Snapdragon Place

Boise ID, 83716 (208) 794-5966

mylymokcamps@aol.com

Checks payable to **Jeremy Mylymok**

ABOUT US

Mylymok Hockey Camps offers a strong teaching environment that allows players to build the foundations needed for optimal improvements and success. We have designed programs to give players the competitive edge they need for great skating and hockey performance!

Featuring

Current and Past Idaho Steelheads...

Travis Wight

Scott Burt

Jeremy Mylymok

Jeremy Yablonski

Dan Welsh

Mike Hanson

Garrett Bembridge

Kory Scoran,

Also featuring...

Junior A Ontario Coach Clint Mylymok!

- * Quality instruction from the pros!
- * A strong emphasis on skating and skill development
- * Quality goaltending instruction in a small group setting, if applicable
- * A positive and productive learning environment
- * Progressive hockey skill development
 - * Resistance training for agility, strength and speed
- * Classroom instruction on goal setting and training

Skate with the Steelheads



3
HOCKEY CAMPS!

FROM...

MYLYMOK



HOCKEY CAMPS



Learn from the Pros!

'Achievement Camp' in Boise July 12-16, 2010

'Elite Player Camp' in Boise August 2-6, 2010

'McCall Camp' in McCall August 19-22, 2010

Limited Space...

call (208) 794-5966 to reserve!

This summer we have acquired the expertise of Jeremy Yablonski, an NHL and AHL hockey player and Sports Strength and Conditioning Specialist! Jeremy has designed hockey-specific dryland training sessions to meet each group's needs. His dryland courses are designed to improve agility and balance. He will be incorporating group stretching/exercise, as well as using mini hurdles, steps, and elastic resistance cords.

Camps Include:

10 INTENSE ON-ICE SESSIONS

- Power skating
- Puck Control
- Shooting
- Passing
- Agility
- System play
- Checking (group B only)
- Scrimmages (last day of camp)

5 CLASSROOM SESSIONS

- Nutrition
- Strength Conditioning
- Goal setting
- Practice Habits
- Equipment

5 OFF-ICE CONDITIONING SESSIONS

Elite Camp Qualification:

- #1 - MUST BE OF TRAVEL HOCKEY ABILITY
- #2 IF PLAYED OUTSIDE OF BOISE, A LETTER FROM LAST COACH INDICATING ABILITY IS REQUIRED

Parents:

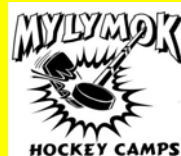
Please feel free to attend any on-ice sessions, especially scrimmages on the last day during 2nd session.

Jeremy Mylymok has acquired 15 years of Hockey Instruction, teaching elite hockey skills for prestigious hockey schools such as 'The Notre Dame Hounds' and 'Huron Hockey Schools International.' He is also the Hockey Director for Idaho Ice World.

- ◆ 2006-2009 Junior Steelhead Hockey Director
- ◆ 2008-2010 Boise Parks and Rec Hockey Director
- ◆ Eleven years of professional hockey experience in the IHL, AHL, ECHL and WCHL Hockey Leagues.
- ◆ Captain of the 2003-2004 ECHL **Kelly Cup** Champion Idaho Steelheads.
- ◆ 2001-02, 2002-03, 2003-04 Steelhead team captain.
- ◆ Voted "2000-01 WCHL Outstanding Defenseman."
- ◆ Voted "2000-01 Steelhead Outstanding Defenseman."
- ◆ Voted "2000-01 ALL-STAR Team Defenseman."
- ◆ Voted "2001-02 ALL-STAR Team Defenseman."
- ◆ Voted to the 2000-01 WCHL All-Star Team.
- ◆ Member of Steelheads All-Star's decade 2000's
- ◆ 1999-2000 & 1997-1998 IHL Turner Cup Champion Chicago Wolves.
- ◆ 4 Yrs. U of Alaska Anchorage NCAA Division I Hockey.



Learn from the Pros!



MYLYMOK HOCKEY CAMPS IS OFFERING SPECIAL JERSEY SPONSORSHIPS!! HAVE YOUR COMPANY LOGO ON BACK FOR \$275!!

Learn from the Pros!
the Steelheads

'Achievement Camp' in Boise **July 12-16, 2010** 5 days \$299
 'Elite Player Camp' in Boise **August 2-6, 2010** 5 days \$299
 'McCall Camp' in McCall **August 19-22, 2010** 4 days \$299

We offer reduced Hotel rates in both Boise and McCall. Email us today to inquire about these special Mylymok Camp rates!

Daily Agenda for all camps:

GROUP A: Squirt/Mite (birthyear 2000-2004)

- 8:30am drop off
- 9:00-10:00 on-ice instruction
- 10:15-11:15 snack/classroom instruct.
- 11:30-12:30 on-ice instruction
- Change to gym clothes
- 12:45-2:00 lunch/dryland training
- 2:00 pick-up

GROUP B: Bantam/Peewee (birthyear 1995-1999)

- 8:15-8:30am drop-off
- 8:30-9:45 dryland training/snack
- Change to gear
- 10:15-11:15 on-ice instruction
- 11:30-12:30 lunch/classroom instruction
- 12:45-1:45 on-ice instruction
- 2:00 pick-up

* Dryland training clothes must be gym attire, tennis shoes, and water bottles.

* Group B must arrive each morning in the above attire for dryland training. Please remember to wear sun block.

PLAYER MEALS FOR BOISE CAMPS:

PURCHASING SNACKS OR LUNCHESES DURING CAMP HOURS DELAYS INSTRUCTION, SO PLEASE "BRING" THESE ITEMS FROM HOME DAILY:

- #1 daily snack and drink for morning
- #2 daily lunch and drink for afternoon

PLAYER MEALS FOR MCCALL CAMP:

Manchester Ice Centre DOES NOT permit outside food!
 FOR \$7.00 PER DAY, 'SKATER THINGS CAFE' HAS AGREED TO PROVIDE ALL SNACKS, DRINKS, AND LUNCH THROUGHOUT THE DAY. CHECKS OF \$28.00 PAYABLE TO CAFE ON FIRST DAY OF CAMP.