

We're confident we can help improve your game,

and the experts agree!

"30 years of NHL experience, college coaching, and working with young hockey players has taught me that you need 3 things to run a successful hockey development program. First, you need controlled-type scrimmaging and small games with coaching. Second, you need high speed on-ice drills that challenge players to move their hands and feet quicker with proper vision. And third, you need a proven off-ice program that trains all their skills!"

Dean Talafous

Total Hockey Founder/Owner
Former NHL Player & College Coach

"Complete Hockey Omaha is just what our community's youth hockey needed; a place where players can get expert instruction and training year round. The hockey-specific skill development they provide not only allows a player's talent level to mature but also builds confidence."

Mike Kemp

University of Nebraska-Omaha Head Coach

"The best programs find the right mix – a blend of drills with hundreds of repetitions and very little standing around – mixed with plenty of scrimmaging and small games. To have fun, and develop talent, we do not need scoreboards, referees, or tournament trophies."

Jack Blatherwick, Ph.D

Total Hockey Advisory Board
Hockey Physiologist
Washington Capitals
Skating Coach

APPLY
POSTAGE
HERE

Complete Hockey Omaha

11714 Stonegate Circle
Omaha, NE 68164

COMPLETE HOCKEY OMAHA - SPRING 2008



the **Complete Package**

3 ON 3 SMALL GAMES

- Coaching and Instruction
- 3 on 3 small games to teach rink sense, creativity, and decision-making.

QUICK HANDS & FEET ON-ICE DRILLS

- Out of your comfort zone!
- Develop quick hands, quick feet, and vision with and without the puck.

OFF-ICE SKILL DEVELOPMENT

- Improve your hockey skills!
- State of the art technology to provide immediate feedback and performance tracking!

April 14th - May 22nd
6 Weeks - 12 Sessions
On-Ice/Off-Ice Programs



11714 STONEGATE CIRCLE • OMAHA, NE 68164
402-884-5533 • www.CompleteHockeyOmaha.com

Complete Hockey Omaha 2008 Spring Program Registration Form



Player Name:	Birth Date:
Address:	
2007-2008 Level:	Cell #:
2008-2009 Level:	Home #:
Parents Name(s):	Adult Jersey Size:
Email Address:	

Please Select Camp & Session Below ("x")

Session

- | | | |
|-------------------------------------|--------------------------------------|--|
| 1. <input type="checkbox"/> Mites | <input type="checkbox"/> Squirts | Mon. (On-Ice) 6:00 - 7:00pm & Wed. (Off-Ice) 6:00 - 7:30pm |
| 2. <input type="checkbox"/> Peewee | <input type="checkbox"/> Bantams | Mon. (On-Ice) 7:15 - 8:15pm & Wed. (Off-Ice) 7:45 - 9:15pm |
| 3. <input type="checkbox"/> Midgets | <input type="checkbox"/> High School | Tues. (Off-Ice) 6:00 - 7:30pm & Thur. (On-Ice) 6:00 - 7:00pm |

Space is EXTREMELY limited in this camp. To reserve your spot, please mail signed registration form, along with a \$100 non-refundable deposit by March 15th to:

Complete Hockey Omaha
P.O. Box 641855
Omaha, NE 68164

Payments made in full prior to March 15th will receive a \$25 discount.

The remaining balance will be due on the first day of camp. A confirmation letter will be sent following receipt of your registration deposit. If you have any questions, please visit

www.CompleteHockeyOmaha.com or call 402-884-5533

Medical Insurance: _____ Policy Number: _____

Emergency Contact Person: _____ Phone Number: _____

Please read carefully: I agree that Complete Hockey Omaha, L.L.C. will not be held responsible for accidents, injury or loss of personal property, however caused, and agree to release Complete Hockey Omaha, L.L.C. from any claims or damages which may arise as a result of such accident, injury or loss. It is further agreed that all risk while watching and/or participating are assumed by the players and his/her parents and/or guardians and this assumption is acknowledged and approved by my signature below. I have read the foregoing and agree to terms and conditions and certify that I am the player's parent or legal guardian.

Photographic Release of Liability: I ACKNOWLEDGE AND CONSENT to the publication and/or display of any photograph(s) taken of me and/or my child by Complete Hockey Omaha for Complete Hockey Omaha publications, brochures, websites, flyers, or articles for outside publication. I understand that by my consent, any photograph(s) in which I or my child appear may be displayed on the Complete Hockey Omaha website or in Complete Hockey Omaha publications, brochures, flyers or articles for outside publications. Also by being so transmitted, they may be susceptible to being copied, otherwise used, and perhaps altered. I ACKNOWLEDGE that Complete Hockey Omaha is not liable to me or my heirs for any misuse or alteration of my or my child's photograph(s) by others.

COST/DATES

- \$275 Per Player
- April 14th - May 22nd (6 Weeks)
- 6 (1 hour) On-Ice Sessions
- 6 (1.5 hour) Off-Ice Sessions
- **15 Total Hours of Training!**

the Complete Package overview

1. 3 on 3 Small Games

- Half ice games to develop and teach rink sense, creativity, and decision-making.
- Focuses on bringing back the fun and enjoyment of the game without scoreboards or referees.
- Hockey players will learn how to make plays with confidence, carry the puck, and play aggressively.

2. Quick Hands/Quick Feet Drills

- Focus on player's ability to change directions and accelerate quickly while handling a puck and seeing the play in front of them.
- Players are guaranteed to "get out of their comfort zone!"
- All on-ice drills focus on developing and improving the hockey skills necessary to improve and compete in games!

3. Off-Ice Development

- High Tech skill stations that allow players to do performance tracking and age comparisons.
- Gain confidence and improve your stickhandling and playmaking ability.
- Develop a hard shot while learning how to get your shots off quicker and more accurate.
- All off-ice training sessions focus on hockey-specific training that gives players that extra edge in practice and game!

Signature of Parent/Guardian

Date