

# Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Age: \_\_\_\_\_ DOB: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

Level (circle one): Mite / Squirt / Pee Wee

Bantam / High School

In case of emergency, contact:

Home Ph: (    ) \_\_\_\_\_

Work Ph: (    ) \_\_\_\_\_

Enclosed is my check for ..... \$ \_\_\_\_\_

In consideration of granting my child permission to participate in Rick Fleming's Complete Hockey Training Camp, the undersigned parent or guardian of said child hereby consents such participation. I hereby discharge Rick Fleming and his staff from all claims, demands, actions, and judgements. I assume all risks and understand that certain risks arise from my child playing hockey. I understand that we are responsible for our own insurance and the facility and Rick Fleming's camp will be held harmless and exempt from all liability for injuries to our child while at camp.  
(Complete Hockey, LLC)

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

E-Mail: \_\_\_\_\_

Date: \_\_\_\_\_

Please Mail Registration  
Forms To:

Rick Fleming - Complete Hockey  
612 North Woods Edge Drive  
Oregon, WI 53575

## Rick's Philosophy...

"My camps will undoubtedly increase skating performance. Every player will understand the value of being a strong skater and my attention to detail will provide him/her the ability to be a more effective, explosive skater. The benefits gleaned from a three-week camp compared to a week-long condensed version are incredible. With a degree in Physical Education, I have learned that practice and repetition over a period of time is more effective for conditioning, muscle memory and skill advancement."

## Rick Fleming

1. 25 Years Hockey Instructor at the Youth, High School, College, and Junior Levels
2. Head High School Hockey Coach 15+ Years Experience
3. Worked with some of the finest teachers in hockey. Coach Mark Mazzolenie of the Green Bay Gamblers, Grant Stanbrook of Maine University, the late Shawn Walsh, Former Head Coach of Main University and Two-Time National Coach of the year, NHL Coach Kevin Constantine, and University of Wisconsin Coaches: Mike Eaves and Head Coach Troy Ward in the ECHL.
4. Wisconsin Scout for the USHL'S Green Bay Gamblers
5. Junior "A" Assistant and Head Coach Omaha Lancer (USHL)
6. Associate Head Coach Indianapolis Jr. Ice (NAJHL)
7. NCAA Championship Coach (1990)
8. NCAA Championship Player and Captain (1989)
9. Player at Every Level, Including Semi-Pros

612 N. Woods Edge Dr. Oregon, WI 53575

If any questions, Please call:

(H): (608) 835-7042

(Cell): (608) 220-2846

Complete Hockey



Complete Hockey

Begins with being a...  
**Complete Skater**

Complete Hockey with  
Rick Fleming

2009 Summer and Fall  
Power Skating and Skills Camps

Visit us at:

[www.completehockeytraining.com](http://www.completehockeytraining.com)

**Power Skating**  
**June 29 - July 15**  
**Mon-Wed-Fri**  
**2:00 - 3:00 pm**  
**8 Sessions**  
**Oregon Community Sports Arena**

This camp is designed to provide the youth hockey player with the exact skills needed to improve forward stride, backward stride, tight turns, pivots, crossunders, and innovative starting and stoppings strategies. All critical techniques necessary in allowing players to get back into play quickly are taught. All Students will receive basic instruction on the fundamentals of power skating from experienced staff. Sessions follow a low skater/coach ratio and include personalized video taped analysis on stride performance.

**On Ice Techniques Covered**

- ◆ Basic skating alignment and balance drills
- ◆ Forward stride - toe snap and recovery
- ◆ Backward stride
- ◆ Forward/backward crossunders
- ◆ Explosive starts - Carve a "C"
- ◆ Stops and starts - change of direction
- ◆ Tight turns and pivots
- ◆ Escape moves - Gretzky
- ◆ Agility drills with pucks
- ★ Birth Years - 01, 00, 99, 98, 97, 96
- ★ Sessions: 2:00 - 3:00 pm



**Stickhandling Progression**  
**August 10 - 14**  
**Mon-Fri**  
**10:15 - 11:30 am**  
**Oregon Community Sports Arena**

From my experience, a players favorite! This camp will teach a player what to look for when attacking a defenseman one on one and how to get that goaltender to commit so that the deke is successful. Proper technique of stickhandling will be reviewed, followed by a series of different moves that will leave a defenseman spinning.

- ❖ Monday - Friday ~ 10:15 - 11:30 am
- ❖ This camp is for the squirt/pee-wee/Bantam player

**13th Annual Pre-Season Fundamentals Fall Hockey Camp**  
**September 26 - 27**  
**Mandt Center in Stoughton**

This camp is designed to teach the basic fundamental skills that are essential to a player's success as they progress through hockey. Training will focus on skating, passing, shooting, and stickhandling, plus detailed coverage of proper checking techniques for pee-wees. All lessons are designed appropriately according to age. Due to limited class size, sessions are offered on a first come first serve basis.

Squirt/Pee-wee	ON ICE 9:00-10:00 CLASSROOM 10:15-11:15 ON ICE 11:30-1:00
Bantam/High School	ON ICE 10:15-11:15 CLASSROOM 11:30-12:30 ON ICE 1:15-2:45

\*Goalies \$25.00

**Registration Form**

Stickhandling Progression \$135.00  
 Fundamentals Camp (At Stoughton) \$75.00 \*Early Bird Special \$60.00  
 Power Skating \$165.00

Fall Camp registrations must be received by September 8 to receive Early Bird Discount.

Individual Lessons Available  
Please Call (608) 835-7042

**Hurry, Spots Fill Quickly!**

Complete Hockey reserves the right to cancel any session that does not meet minimum enrollment. All payments are non-refundable unless sessions are canceled. There is a \$30 fee for NSF checks.

