

# SPRING/SUMMER YOUTH POND HOCKEY 3-on-3 LEAGUES

NON-STOP ACTION... RAPID LINE CHANGES... IMPROVED SKILLS... INCREASED FUN!

## STARTS FRIDAY, APRIL 26<sup>th</sup>, 2019

- Individual or team entries accepted
- Only 9 skaters and 1 goalie allowed to dress per team per game (teams entries can register up to 12 players on a roster)
- Minimum 15-Game Schedule (1 game per week)
- 45-minute games
- NON - CONTACT LEAGUE FOR ALL DIVISIONS
- Prize for each participant
- Parent volunteers are welcome to encourage players and open gates for rapid line changes (**All teams must have two parents on the bench at all times**)
- Volunteer league conveners welcome to help coordinate divisions
- NO DROP-IN PLAYERS OR SUBSTITUTIONS

## COST AND REGISTRATION

Individuals - Full payment required at time of registration . Jersey included (no socks)

1 Player	\$349.00 +HST
2 Players (from the same family)	\$679.00 +HST
3 players (from the same family)	\$999.00 +HST

**Teams** - Minimum \$1,000 deposit required with application. Full payment due prior to first game. Teams must have match and numbered jerseys.

Team Entry (Jerseys not included) \$3199.00 +HST

Team Jerseys (for full set) \$219.00 +HST

**TEAM REGISTRATION POLICY:** All teams must identify a single team representative. **NTR WILL NOT accept or collect portions of team fees from each team member.** Team reps will be responsible for arranging payment and waiver submissions.

## AVAILABLE DIVISIONS

**RECREATIONAL** - House League and Select players only will be combined in the same division within each age group

**REP** - AE and A players will be combined in the same division within each age group

**ELITE** - AA and AAA players will be combined in their own division within each age group

Year Born	Recreation	Competitive	
2012/13	Fridays	Fridays	
Year Born	Recreation (HL/Select)	Rep (AE/A)	Elite (AA/AAA)
2010/11	Sundays	Sundays	Thursdays
2008/09	Sundays	Sundays	Thursdays
2006/07	Sundays	Mondays	Thursdays
2004/05	Thursdays	Thursdays	Thursdays
2001/02/03	Monday	Tuesdays	Tuesdays
Year Born	Girls Only		
2008 – 2011	Fridays		
2004 – 2007	Fridays		

**PLEASE NOTE:** Teams and individuals register for divisions at their own responsibility regarding level/caliber of play. National Training Rinks reserves the right to balance teams if necessary for the benefit of the entire league.

**No games on Friday, Sunday, or Monday of holiday weekends (Canada Day, Victoria Day, and Civic Holiday)**

## SUMMER CAMPS

Start July 2<sup>nd</sup>, 2019

### HOCKEY CAMP

Available for 9 Weeks

### GOLF CAMP

at Silver Lakes Golf & Country Club

July 29<sup>th</sup> – August 2<sup>nd</sup>

August 26<sup>th</sup> – August 30<sup>th</sup>

## PRIVATE & TEAM TRAINING

### OFFERED YEAR-ROUND CALL FOR AVAILABILITY

30 Min Sessions	1 Player	2 Players	3 Players
1 Session	\$75 +HST	\$120 +HST	\$140 +HST
10 Sessions	\$700 +HST	\$1000 +HST	\$1200 +HST
25 Sessions	\$1625 +HST	\$2250 +HST	\$2500 +HST

1 Hr Sessions	1 Player	2 Players	3 Players
1 Session	\$135 +HST	\$190 +HST	\$200 +HST
5 Sessions	\$600 +HST	\$825 +HST	\$900 +HST
10 Sessions	\$1100 +HST	\$1550 +HST	\$1700 +HST
25 Sessions	\$2500 +HST	\$3375 +HST	\$3750 +HST

Team Clinics = \$310 +HST for one full hour  
\*Flood times are part of instruction time

## NTR GUIDELINES AND POLICIES

- Ice resurfacing (floods) are part of the scheduled time;
- Participants may only attend classes on the day they are registered for;
- NTR reserves the right to cancel or re-schedule any class due to enrollment;
- NTR reserves the right to move participants to an appropriate class for their skill level;
- Payment in full must be made at time of registration. Returned cheques (NSF) will be charged a \$25 fee;
- If a participant needs to withdraw from a program for any reason, NTR will provide a full credit that can be used for any NTR activity. If the participant requires a refund there will be a 10% administration fee charged. No refunds will be issued after the third class of any program;
- All NTR programs require participants to wear a helmet with full facial protection. All private facility rental users MUST properly wear a CSA approved helmet at all times when on any NTR Ice surface (adults included);
- NTR is not responsible for lost, stolen, or vandalized items. Items left unattended are done at users' own risk.

# NATIONAL TRAINING RINKS NEWMARKET

NOT JUST ANOTHER ARENA



## SPRING PROGRAMS & SUMMER LEAGUES 2019

1155 Stellar Dr, Newmarket, ON  
L3Y 7B8 • 905-953-0978  
newmarket@ntrcanada.com

Follow us on: @NTRNewmarket  
Visit us at: [NTRCanada.com](http://NTRCanada.com)

# SPRING PROGRAMS

WEEKDAY CLASSES START  
MONDAY, APRIL 8<sup>TH</sup> (12 WEEKS)

SATURDAY CLASSES START EITHER  
APRIL 13<sup>TH</sup> (11 WEEKS) OR  
APRIL 20<sup>TH</sup> (10 WEEKS)

SUNDAY CLASSES START  
APRIL 14<sup>TH</sup> (10 CLASSES)

**NO CLASSES ON GOOD FRIDAY AND  
EASTER SUNDAY**

# BEGINNER PROGRAMS

## LEARN TO SKATE

**Ages 3 years old and up.** No experience required. Skaters must wear a hockey helmet with full facial protection. This class consists of 45 minutes of instruction followed by 15 minutes of free time.

Tuesdays (12 classes)	4:30pm-5:30pm	\$325 +HST
Tuesdays (12 classes)	5:30pm-6:30pm	\$325 +HST
Thursdays (12 classes)	4:15pm-5:15pm	\$325 +HST
Saturdays (11 classes)	9:00am-10:00am	\$299 +HST
Saturdays (11 classes)	10:00am-11:00am	\$299 +HST
Saturdays (11 classes)	11:00am-12:00pm	\$299 +HST
Sundays (10 classes)	9:00am-10:00am	\$269 +HST
Sundays (10 classes)	10:00am-11:00am	\$269 +HST

## INTRODUCTION TO POWER SKATING

**Ages 4 years old and up.** For kids who have received prior learn to skate instruction and show an interest in playing hockey. Class requires full hockey equipment. **Saturday class starts April 20<sup>th</sup>.**

Saturdays (10 classes)	12:00pm-1:00pm	\$269 +HST
Sundays (10 classes)	11:00am-12:00pm	\$269 +HST
Wednesdays (12 classes)	4:30pm-5:30pm	\$325 +HST

## LEARN TO PLAY HOCKEY LEVEL 1

**Ages 5 years old and up.** This is an introductory hockey class for those that are able to skate. Fundamental hockey skills such as proper stride, stopping and basic edgework will be taught in this class. Basic puck control, passing and shooting will also be taught. Each class will end with cross ice scrimmages. **Saturday class starts April 20<sup>th</sup>.**

Saturdays (10 classes)	1:00pm-2:00pm	\$269 +HST
Sundays (10 classes)	9:30am-10:30am	\$269 +HST
Thursdays (12 classes)	4:30pm-5:30pm	\$325 +HST

## RECREATION and BEGINNER

**Ages 9 to 14 years old.** This program will introduce skating and puck control to those who have chosen to start hockey at a later age. It's never too late to start! **Class starts April 20<sup>th</sup>.**

Saturdays (10 classes)	2:30pm-3:30pm	\$269 +HST
------------------------	---------------	------------

# DEVELOPMENT PROGRAMS

**NO CLASSES ON GOOD FRIDAY AND EASTER SUNDAY**

## POWER SKATING LEVEL 1

**Ages 6 years old and up.** This class will introduce and reinforce basic concepts such as long strides, edge work, crossovers, etc. Players must be able to skate forwards, backwards and stop.

Wednesdays (12 classes)	5:30pm-6:30pm	\$325 +HST
-------------------------	---------------	------------

## DANGLES & DEKES

**Ages 10 years old and up.** Players will be taught techniques to improve their ability to handle the puck at full speed and in tight spaces. Players must have at least 3 years of hockey experience prior to taking this class. **Class starts April 20<sup>th</sup>.**

Saturdays (10 classes)	3:00pm-4:15pm	\$339 +HST
------------------------	---------------	------------

## AGILITY SKATING & PUCK SKILLS

**Ages 10 years old and up.** This high tempo class concentrates on the short burst aspect of skating such as balance, acceleration, and edges, and combines them with offensive techniques.

Tuesdays (12 classes)	5:00pm-6:00pm	\$325 +HST
-----------------------	---------------	------------

## POWER SKATING & PUCK CONTROL

**Ages 7 years old and up.** This program will focus on two of the most important skills of hockey... skating and handling the puck. It will combine stride and quick feet development along with stickhandling and puck possession techniques. **Saturday class starts April 20<sup>th</sup>.**

Saturdays (10 classes)	1:30pm-2:30pm	\$269 +HST
Sundays (10 classes)	12:00pm-1:00pm	\$269 +HST
Mondays (12 classes)	5:00pm-6:00pm	\$325 +HST

## DEFENCE SKILLS

**Ages 9 years old and up.** Exclusively for defensemen, this program will work on positional specific skills such as backward and agility skating, puck control, passing, and shooting. It will also work on positional specific scenarios in the offensive and defensive zones. **Class starts April 20<sup>th</sup>.**

Saturdays (10 classes)	3:30pm-5:00pm	\$369 +HST
------------------------	---------------	------------

## ULTIMATE SCORER for YOUNG GUNS

**Ages 6 to 9 years old.** All aspects of puck handling, puck protection, passing, and shooting will be taught. For those who have played hockey at least 1-2 years.

Sundays (10 classes)	11:30am-12:30pm	\$269 +HST
----------------------	-----------------	------------

## LEARN TO PLAY HOCKEY LEVEL 2

**Ages 6 years old and up.** Players must have 1 full year of hockey experience. Players will be introduced to more advanced skills such as pivots, crossovers and backwards skating. Proper shooting and passing techniques will be taught. Class will end with a game. **Saturday class starts April 20<sup>th</sup>.**

Saturdays (10 classes)	2:00pm-3:00pm	\$269 +HST
Sundays (10 classes)	10:30am-11:30am	\$269 +HST

# SPECIALTY PROGRAMS

## SKILLS & SCRIMMAGE

Get the best of both worlds by combining 45 minutes of skill development with 45 minutes devoted to scrimmaging and small space games. The skills portion of each class will be a mix of power skating, puck handling, and shooting. The scrimmage portion will put players in 3-on-3 and game-like situations. **Classes start April 20<sup>th</sup>.**

## TYKE/NOVICE (5 to 7 years old)

Saturdays (10 classes)	10:30am-12:00pm	\$369 +HST
------------------------	-----------------	------------

## NOVICE/ATOM (8 to 10 years old)

Saturdays (10 classes)	12:00pm-1:30pm	\$369 +HST
------------------------	----------------	------------

## ADULT PROGRAMS

**Ages 15 years old and up.** This program will work on hockey fundamentals for those who are new to the sport or looking to improve their skills.

### Sundays

Women's (10 classes)	8:30am-9:30am	\$269 +HST
----------------------	---------------	------------

### Fridays

Men's (11 classes)	9:00pm-10:00pm	\$299 +HST
--------------------	----------------	------------

\*First Men's class will start at 8:30pm. All other classes will start at 9:00pm.

# ELITE PROGRAMS

## ELITE DEFENSE SKATE

**Ages 10 years old and up playing AA or AAA only.** High tempo elite skate focusing on backwards and transitional skating, defense specific puck skills and battles. For AA/AAA players who are born in 2008 or earlier. **Class starts April 20<sup>th</sup>.**

Saturdays (10 classes)	5:00pm-6:30pm	\$399 +HST
------------------------	---------------	------------

## ADVANCED POWER SKATING

**Ages 9 and up playing A/AA/AAA.** More advanced techniques will be taught. High tempo skating incorporating speed, agility and transitions along with high level individual scoring and offensive tactics. **Class starts April 20<sup>th</sup>.**

Saturdays (10 classes)	4:15pm-5:15pm	\$269 +HST
------------------------	---------------	------------

## Elite Offensive Skills

**Ages 9 and up playing A/AA/AAA.** Elite level offensive training. Class will focus on both individual scoring and puck handling skills as well as game situation specific skills. **Class starts April 20<sup>th</sup>.**

Saturdays (10 classes)	5:15pm-6:15pm	\$269 +HST
------------------------	---------------	------------

**Sign up for both Advanced Power Skating and Elite Offence and pay only \$489 + HST.**

# GOALTENDING

All goaltending programs at NTR Newmarket are led by Greg Redquest. Greg currently works with the OHL's Owen Sound Attack and brings with him over 30 years of coaching experience.

## WEEKLY GOALIE CLINIC

**Ages 6 years old and up.** This program is for Rep and House League goalies to improve their skills. Drop-ins welcome.

Saturdays (11 Classes)	9:30am – 10:30am	\$379 +HST
------------------------	------------------	------------

## GOALIE PRIVATE LESSONS

Greg also offers PRIVATE LESSONS on Wednesdays and Saturdays. Please contact Greg directly for more information.

# 705-322-8401