

# MARCH BREAK

## 3-on-3 HOCKEY TOURNAMENTS

### ATOM DIVISION

**MONDAY, MARCH 11<sup>th</sup>, 2019**

ATOM – Born '08/'09 •

### TYKE & PEEWEE DIVISIONS

**TUESDAY, MARCH 12<sup>th</sup>, 2019**

TYKE – Born '12/'13 • PEEWEE – Born '06/'07

### TYKE & NOVICE DIVISIONS

**WEDNESDAY, MARCH 13<sup>th</sup>, 2019**

TYKE/NOVICE – Born '10/'11

### REGISTRATION DETAILS FOR ALL TOURNAMENTS

- Teams are guaranteed 5 games each (based on number of teams entered into each division)
- Games will be 24 minutes in length, run time
- 90-second buzzer signaling player changes in the House League Divisions only
- Each tournament will run from approximately 8:00am to 6:00pm on their scheduled days. They may start earlier or later depending on the total number of teams.
- Teams will consist of a maximum of 7 skaters and 1 goalie
- Rep & House League levels available for each age group
- Jerseys and socks will NOT be supplied. Teams must have matching and numbered jerseys.

**INDIVIDUAL ENTRY: \$95 +HST**

**TEAM ENTRY: \$550 +HST**

Contact our main office to reserve your spot in one of our March Break Tournaments

905-953-0978

andrew@ntrcanada.com

# MARCH BREAK CLINICS

**THURSDAY, MARCH 14<sup>th</sup>, 2019**

**and FRIDAY, MARCH 15<sup>th</sup>, 2019**

### DANGLES & DEKES \$80 +HST

Sick dangles, 1-on-1 skills, offensive puck control.

**8 years old and up. 3:00pm – 4:30pm**

### AGILITY SKATING & PUCK SKILLS \$110 +HST

Cross-overs, pivots, stops/starts, acceleration.

**9 years old and up. 1:00pm – 3:00pm**

### GOALTENDING \$155 +HST

with Greg 'Red Dog' Redquest.

**6 years old and up. 12:30pm – 2:30pm**

### ELITE TRAINING \$110 +HST

Rep players only; Tune up for playoffs.

**8 years old and up. 10:30am – 12:30pm**

### SKATE & SHOOT \$80 +HST

This will focus on a player's ability to skate and shoot.

**7 years old and up. 9:30am – 11:00am**

### DEFENCEMEN SKILLS \$110 +HST

Position specific skills for offence & defence situations.

**8 years old and up. 11:00am – 1:00pm**

### 5-DAY CAMP \$439 +HST

Monday, March 11<sup>th</sup> to Friday, March 15<sup>th</sup>, 2019

- 15 hours of ice time minimum spread out over 5 days
- 8:30 am drop-off and 5:00 pm pick-up
- On-ice instruction and off-ice activities
- This camp will provide skill development in the following areas: power skating and acceleration, shooting, passing, quick hands & quick feet, & puck protection

**For children ages 6 and up.**

**Meal plan \$50 Taxes Included**

(Lunches provided daily by Deli House Catering)

# GOALTENDING with RED DOG

These programs are under the instruction of National Training Rinks' head goalie instructor, Greg Redquest. Along with his Major Junior and Professional playing experience, Greg currently works with the OHL's Owen Sound Attack and brings with him 30 years of coaching knowledge that ranges from teaching learn to skate to working with professional and national team athletes.

### WEEKLY GOALIE CLINIC \$450 +HST

This program is for Rep and House League goalies to improve their skills.

#### Fridays

**Ages 6 to 9 years old 7:00pm – 8:00pm**

#### Fridays

**Ages 10 years old and up 8:00pm – 9:00pm**

### GOALIE PRIVATE LESSONS

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

705-322-8401

## 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

SMALLER ICE, BIGGER SKILLS



WINTER SEASON  
& MARCH BREAK  
PROGRAMS 2019

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newmarket@ntrcanada.com

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# WINTER PROGRAMS

START SATURDAY, JANUARY 5<sup>th</sup>, 2019  
AND WILL END FRIDAY, APRIL 5<sup>th</sup>, 2019  
(Classes run for 13 weeks)

# BEGINNER PROGRAMS

## LEARN TO SKATE \$350 +HST

**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	4:15pm-5:15pm
Tuesdays	5:15pm-6:15pm
Thursdays	4:30pm-5:30pm
Thursdays	5:30pm-6:30pm
Fridays	4:30pm-5:30pm
Saturdays	9:45am-10:45am
Saturdays	10:45am-11:45am
Saturdays	11:45am-12:45pm
Sundays	9:30am-10:30am
Sundays	10:30am-11:30am
Sundays	11:30am-12:30pm

## INTRO TO POWER SKATING \$350 +HST

**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, including a stick.

Wednesdays	4:30pm-5:30pm
Fridays	5:30pm-6:30pm
Saturdays	12:45pm-1:45pm
Sundays	12:30pm-1:30pm

## LEARN TO PLAY HOCKEY \$350 +HST

**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.

Thursdays	4:30pm-5:30pm
Saturdays	1:45pm-2:45pm
Sundays	1:30pm-2:30pm

# DEVELOPMENT PROGRAMS

## LEARN TO PLAY LEVEL 2 \$350 +HST

**Ages 6 years old and up.** Players must have one 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.

Saturdays	3:45pm-4:45pm
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## POWER SKATING & PUCK CONTROL \$350 +HST

**Ages 6 to 9 years old.** This program will focus on two of the most important skills of hockey, skating and handling the puck.

Sundays	2:30pm-3:30pm
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## ULTIMATE SCORER for YOUNG GUNS \$350 +HST

**Ages 6 to 9 years old.** All aspects of puck handling, puck protection, passing, and shooting. **This program is for players with at least 2 years of organized hockey experience.**

Fridays	5:00pm-6:00pm
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## POWER SKATING LEVEL 1 \$350 +HST

**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. Full equipment is required.

Wednesdays	5:30pm-6:30pm
Fridays	6:30pm-7:30pm
Saturdays	12:00pm-1:00pm

## DEFENCEMAN SKILLS \$450 +HST

**Ages 9 years old and up.** Exclusively for defencemen, this program will work on position specific skills such as backwards and agility skating, puck control, passing, and shooting. It will also work on position specific scenarios in the offensive and defensive zones.

Saturdays	4:45pm-6:15pm
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## RECREATION & BEGINNER \$350 +HST

**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. Full equipment is required.

Fridays	7:30 pm-8:30pm
Saturdays	2:45pm-3:45pm

## DANGLES & DEKES \$350 + HST

**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.**

Fridays	6:00pm-7:00pm
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## AGILITY SKATING & PUCK SKILLS \$350 +HST

**Ages 10 years old and up.** This high tempo class concentrates on the short burst aspect of skating such as balance, acceleration and edges. It will combine these skating skills with offensive and goal scoring techniques.

Tuesdays	5:00pm-6:00pm	<b>\$350 +HST</b>
Saturdays	5:30pm-7:00pm	<b>\$450 +HST</b>

# SPECIALTY PROGRAMS

## SKILLS IMPROVEMENT & 3-on-3 HOCKEY \$450 + HST

**Ages 6 to 9 years old.** A unique concept, which includes 45 minutes of skills improvement, followed by 45 minutes of 3-on-3 and/or small space games. The skills portion of the program will work on power skating, puck handling, and shooting. The scrimmage portion will allow players to test their skills in game-like situations.

Thursdays	5:30pm-7:00pm
Saturdays	4:00pm-5:30pm

## ADULT PROGRAMS \$350 + HST

**Minimum age is 15 years old.** No hockey experience required, but must be able to skate. These sessions are for adults to come out and work on various areas of hockey. Focus will be on power skating, puck control, and working towards each individual's personal goals.

Sundays (Women)	8:30am-9:30am
Fridays (Men)	8:30pm-9:30pm

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# ADVANCED PROGRAMS

## ELITE DEFENSE SKILLS \$525 +HST

**Ages 9 years old and up playing A/AA/AAA only.** Advanced power skating focusing on transitions, backwards mobility and pivots combined with individual skill and game situation/battle drills.

Saturdays	6:15pm-7:45pm
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## ADVANCED POWER SKATING & EDGEWORK \$350 +HST

**Ages 9 years old and up playing A/AA/AAA only.** Advanced Power skating focusing on speed, agility, edgework, transitions and lateral movement. High pace. Must have a strong skating background.

Sundays	4:30pm-5:30pm
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## ELITE OFFENCE \$350 +HST

**Ages 9 years old and up playing A/AA/AAA only.** Elite level offensive training. Class will focus on both individual scoring and puck handling skills as well as game situation specific skills.

Sundays	5:30pm-6:30pm
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**\*Sign up for both Advanced Power Skating and Elite Offence and pay only \$600 +HST.\***

# 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