



Ridge Meadows Flames Junior Hockey Club Inc.
 1400 Oxford St
 Coquitlam BC V3E 3H9
 Tel. No. (604) 809 – GOAL (4625)

Group 2

Ridge Meadows Flames Summer Preparation Camp. (Births 98,99,00)

- Camp Sign in at lobby June 30th at 5:15
- Ice Sessions. June 30th July 7, 14, 21, 28 Aug 4, 11 (6:00pm to 7:15pm)
- Diet & Nutrition Seminar July 5th 5:00pm to 6:00pm (Before Dryland)
- Drylands. July 5, 12, 19,26 Aug 2, 9 (All Drylands 6:00pm to 7:00pm)

**This summer camp will concentrate on skills and conditioning.(Camp will be non contact)
 Ice Sessions as well as Drylands will be located at Planet Ice Maple Ridge.
 Camp Instructors: Jamie Fiset, Tavis Eaton, Brad Hunt, Wayne Bess**

****Please print clearly. Thank you****

Name: _____ Birth date: _____
 Address: _____ Postal Code: _____
 City: _____ Province: _____ Phone No: _____ **E-mail:** _____

Height: _____ Weight: _____ Shot (Left or Right): _____

Position (1st choice): _____ **Position (2nd choice):** _____

Team Played for in 2010-11: _____
 Association Division Level AAA, C

Father's Name: _____ Mother's Name: _____

Injuries and/or Medical Problems which the Trainer should be aware of: _____

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As parents of the above named player, I (please print name in full) _____, do hereby consent to said player participating in all activities at the Ridge Meadows 'Flames' Junior Hockey Club Inc. camp, and do hereby release, absolve, indemnify and save harmless the Ridge Meadow Flames Junior Hockey Club Inc., their employees, officers, coaching staff, governors, and/or volunteers from any claim(s) which may arise as a result of his/her participation. I assume all risks and hazards incidental to the Camp and do hereby waive all claims whatsoever which I or the above named player may have against the Ridge Meadows Flames Junior Hockey Club Inc. Each player is required to wear his/her CHA approved equipment from the last season played in 2010-2011.

Signature of Parent/Guardian: _____ Date: _____

**Payment of \$295.00 In full must accompany registration.
 *NO REFUNDS AFTER May 31/11***

**Cheques payable to: Ridge Meadow 'FLAMES',
 c/o 1400 Oxford st Coquitlam, BC V3E 3H9**

(Camp Includes Flames Practice Jersey and T-Shirt)

We would ask that your E-Mail be included and correct as we will be communicating via e-mail