



HIGH PERFORMANCE
TECHNICAL HOCKEY SKATING
Registration Form

Name: _____ Email: _____
 Address: _____ City: _____
 Province/State: _____ Country: _____ Postal Code/Zip: _____
 Telephone: _____ Fax: _____
 Emergency Contact: Name: _____ Telephone: _____
 2006/2007 Team: _____ League: _____ Position: _____
 Date of Birth: ____/____/____ (Month/Day/Year) Male Female
 Height: ____ Feet ____ Inches Weight: ____ lbs. Shoots: Left Right
 Goals, and the areas of your skating you want to improve: _____
 Did you attend Barb Aidelbaum Skating Schools last summer (2006)? Yes No
 Medical Insurance Number: _____
 Special Health Concerns: _____
 Conditioning Coach: _____ Email or Tel. # _____
 Hockey Coach: _____ Email or Tel. # _____
 Agent (if applicable): _____ Email or Tel. # _____



REGISTRATION: Full payment by VISA or cheque must accompany the Registration Form. No spots can be held without payment. Summer 2006 participants receive booking priority until May 18, 2007. After that time, applications will be accepted on the date postmarked or faxed. Please mail in the original copy if you have initially faxed in your application. Cheques should be made payable to: BARB AIDELBAUM SKATING SCHOOLS INC. No refunds or cancellations after June 29, 2007. In the event of an injury, a medical certificate must be provided and the participant can apply the remaining fees to a BASS Inc. program within the year. A \$75 administration fee is applied to any cancellations.

Fees: Groups A, B, C, CC & D - \$285.00 (+ GST); Pro Skate - \$475.00 (+ GST)

Please check the appropriate boxes:

- Session: 1 2 3 4 (min. 2 sessions)
 A - Jr A/College/Pro (1988 & older)
 B - Rep-Prep (1994, 93, 92 birth year)
 C - Pre-Jr./Jr. B (Minimum age: 1991 birth year)
 CC - Pre-Jr./Jr. B
 D - Jr. A/Major Jr./CIS/NCAA
 Pro Skate Aug. 21-23 Pro Skate Aug. 28-30

____ Sessions x \$ 302.10 (\$285 + \$17.10 GST)
 Pro Skate ____ Sessions x \$503.50 (\$475 + \$28.50) = \$ _____ TOTAL FEES VISA Cheque
 VISA #: _____ Expiry Date: _____
 Name on Card: _____ Signature: _____

Confirmation: Your cancelled cheque or your VISA statement is your initial confirmation. You will be notified immediately if the camp is full. Would you like your final confirmation by email or mail?

Waiver: Barbara Aidelbaum and staff assume NO RESPONSIBILITY for personal injury or loss of property while enrolled in programs conducted by Barb Aidelbaum Skating Schools Inc.

NAME & SIGNATURE OF PARTICIPANT/PARENT OR LEGAL GUARDIAN/AGENT _____ DATE _____

Send registration form and cheque to:

Barb Aidelbaum Skating Schools Inc., #404 - 15127-100 Avenue, Surrey, BC Canada V3R 0N9
 Tel: 604.263.1961 · Fax: 604.263.1962 · Email: camps@hockeyskating.com

OFFICE USE ONLY _____ sessions x \$ _____ = \$ _____ TOTAL
 Date Rec'd: _____ Visa Cheque _____ Initials _____

BARB AIDELBAUM



SKATING SCHOOLS

...on the edge

**HIGH PERFORMANCE
TECHNICAL
HOCKEY SKATING**

**FOR HOCKEY PLAYERS & GOALIES
1994 Birthyear to Pro**

July 17-August 30, 2007

Icesports Burnaby 8 Rinks

REGISTRATION INFO:
 Tel. 604.263.1961 / Fax 604.263.1962
 camps@hockeyskating.com

www.hockeyskating.com

SUMMER 2007

High Performance Technical Hockey Skating Sessions

Coached by **Barbara Aidelbaum**

The sessions for Rep-Prep, Pre-Junior, Junior B, CJAHL, CHL, College and Pro players are designed to improve all aspects of your hockey skating. Special emphasis is placed on your "short game": speed, quickness, lateral agility and mobility. Registrations will only be accepted in the appropriate groups based on your birth year or 2006/07 team. You will be notified if we feel it is necessary to change your group.

Rep-Prep	1994, 1993, 1992	12 players per group
Pre-Jr./Jr. B	1991 & older	10 players per group
Jr. A/Major Jr./College	2006/07 level	10 players per group
Pro Skate	NHL, AHL, European	up to 6 players per group

SESSION	DATES	GROUP A Jr A/College/Pro (1988 & older)	GROUP B Rep-Prep	GROUP C Pre-Jr./Jr. B	GROUP D Jr. A/Major Jr./ CIS/NCAA
1	July 17, 18, 19	---	---	1:00-2:15 pm	2:30-3:45 pm
2	July 24, 25, 26	10:00-11:15 am	11:30 am-12:45 pm	1:00-2:15 pm	2:30-3:45 pm
3	Aug. 7, 8, 9	10:00-11:15 am	11:30 am-12:45 pm	1:00-2:15 pm	2:30-3:45 pm
4	Aug. 14, 15, 16	10:00-11:15 am	---	1:00-2:15 pm	2:30-3:45 pm
4	Aug. 14, 15, 16	---	---	11:30 am-12:45 pm	---

\$285.00 + GST per session (MINIMUM 2 SESSIONS)

PRO SKATES		
5	Aug. 21, 22, 23	1:00-2:15 pm (Aug. 21 & 22) 12:00-1:15 (Aug. 23)
6	Aug. 28, 29, 30	1:00-2:15 pm

\$475.00 + GST per session (6 PLAYERS MAXIMUM)

Please Note: Ictimes are subject to change.

You must have played *one complete year* to qualify for Groups A, D and the Pro Group.

Custom Pro Packages: Private and semi-private training is arranged July 24, 2007 through to training camp.



LAURENCE HEINEN Photo



CHRIS RELKE Photos



**BARB AIDELBAUM
SKATING SCHOOLS**

Barb has coached in several countries around the world for more than 25 years. She coaches technical power skating in many camps including Peter Twist's 8-week Elite High Performance Hockey Camp. She is certified in both hockey and figure skating (NCCP 3+). She co-



DONNA NEWMAN Photo

authored the book *Skating the NHL Way*, writes "On the Edge" skating columns and presents at the International Hockey Skating Summit in Detroit, Michigan. Besides coaching, Barb also enjoys lecturing, preparing scouting reports and analysing video footage for teams. She is the Skating Coach for players and teams in the BCHL, WHL, CIS, NCAA, AHL and NHL.

BASS INC. systems are tailored specifically to an individual's body type, style and position. Her camps are devised to develop players' posture, quickness, footspeed, agility and power. The results are achieved faster in a small group training program through advanced edge work, balance and counter-balancing drills as well as overload and overspeed training. Off-axis positioning is the focus for Pro Players. As a player's technical skating develops, the confidence level becomes higher, the success is much greater and the game becomes more enjoyable.

Barb designs the weekly practice plans based on the needs of the players registered in each session. All drills will be performed with and without the puck. To achieve optimum results, players must register for a minimum of two sessions. **PRIORITY BOOKING** will be given to those registering for several sessions. Single session applications are subject to availability after June 25, 2007.

What NHL Players Say...

"Skating is the base of hockey. If you can't skate, you can't play. It's nice when Barb takes us back to the basic techniques. She reminds us how to skate efficiently, start quickly, etc. It's been great training with her over the summer."

Martin Gelinas, Florida Panthers

What the Coaches Say...

"For any successful hockey player your most important skill is your skating. Barbara is the top power skating expert. She has been coaching in my camps since 1997 which encompass all levels of players. She has a real understanding to teach the basics to the players that are just starting as well as working with the more advanced. No matter what level you are at, Barbara's expertise will definitely help."

Stan Smyl, Vancouver Canucks

"Skating is the most important hockey skill - it is the foundation for success in the game. Barb Irving Aidelbaum's understanding of skating biomechanics and hockey has helped both young athletes and the most elite professional players. Her coaching and skating expertise can help you reach a new performance level."

Peter Twist, Twist Conditioning Inc.



What NHL Officials Say...

"Barb Aidelbaum and her staff show a real dedication towards helping players learn about on-ice safety and awareness with her primary goal: safety along the boards. The power skating skills that they will implement, along with the safety and awareness program, are long overdue. Any time spent with them will be time well spent."

Brad Lazarowich, NHL Linesman



What the Players' Parents Say...

"Michael was enrolled in Barb Aidelbaum's Skating School every session and improved so dramatically that enrolling in all sessions this summer is his number one off-season priority. Michael has had a very successful year of Junior hockey and we attribute a great deal of that success to his involvement with Barb. Coming into the program, Michael expressed increased acceleration as one of his goals. He accomplished that to the degree it has become a major strength in his game. Barb individualizes her program and creates significant improvement

in hockey players by focusing on key aspects of their skating styles. These keys were highlighted for Michael every session he was in the program.

There is no "dead time" during Barb's sessions. Skaters are always on task.

Barb prepares for her pupils more than any other instructor we have seen. Before Michael ever took to the ice with her, Barb knew his strengths and weaknesses and understood how to best make improvements at his particular stage of development."

Klaus Heck, B.A.Ed., M.Ed.