

2014 CAMP APPLICATION FORM

APPLICATIONS ACCEPTED UP TO THE START OF EACH SESSION.
PLEASE NOTE: THERE IS LIMITED SPACE AVAILABLE.

Player's Name: _____

Address: _____

City: _____ Postal Code: _____

Birth Year: _____

Parent/Guardian: _____

Phone

Res: (_____) _____ Work: (_____) _____

Email: _____

Last Team Played for: _____

PLEASE CHECK APPROPRIATE BOX

Male Female

Jersey Size

S M L XL XXL

Please make cheque payable to
Walkerton Minor Hockey
and mail to Walkerton Minor Hockey
Box 1259 Walkerton, ON N0G 2V0

**For more information contact
Walkerton Minor Hockey Representative**

**Greg Crummer
519-881-3480
gandscrummer@wightman.ca
Nathan Perrott
519-881-4509
nathanperrott@hotmail.com**



Our ultimate goal is to help the player's achieve
better on-ice performance, compete injury free,
and enjoy their overall hockey experience.

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In Partnership with

**WALKERTON
capitals**



kbdesign@wightman.ca



**2014
SIGN UP
NOW!
LIMITED SPACE
AVAILABLE!**

**August 25-29 • 2014
Walkerton Community Centre**

**WALKERTON
capitals**

Weekday Full Day Camp



Monday - Thursday

9 am - 5 pm (DROP OFF AND PICK UP)

Friday

9 am - 1 pm (DROP OFF AND PICK UP)

First 90 Registered

MALE AND FEMALE BORN IN YEARS 2000-2006

**REGISTER 3 OR MORE
& THE 3RD IS 1/2 PRICE!**
*MUST BE WITHIN THE SAME FAMILY

COST:

FORWARDS & DEFENCEMEN

\$ 350⁰⁰

GOALIES

\$ 275⁰⁰

**COST INCLUDES PRACTICE JERSEY
& WATER BOTTLE**

Option to post date cheques until August 1.

PLEASE PACK A BOXED LUNCH!

NUTRITIONAL SNACK PROVIDED DAILY
COURTESY OF

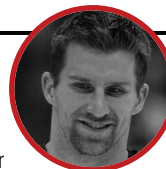
Wright's
Foodland

Kaufman's
Valu-Mart

Ralph Pitt
Produce

Camp Instructors & Sessions

NATHAN PERROTT



Nathan Perrott currently resides in Walkerton, but is originally from Teeswater and played minor hockey in Owen Sound.

He was a professional hockey player for 14 years. He played in the NHL for 4 years and 2 years in the KHL. He had the hardest Shot (100.3 mph slap) and was the fastest skater (13.87s lap) at the Toronto Maple Leafs Skills competition in 2003 to 2004.

Nathan played for the Walkerton Hawks from 1992 to 1993. After playing for the Hawks, he played Junior B in St Mary's, winning the Western Junior B championship. He was then drafted 2nd round to Oshawa where he played for 2 seasons on a line with Marc Savard. After that, he was traded to Sault Ste Marie where he played with Joe Thornton. He now coaches with Owen Sound Attack.

DENISE REID



Denise has been a skating coach in the Grey Bruce area for over 33 years. She started out teaching figure skating and then shortly into her career, shifted her focus to powerskating.

She has worked with hockey players ranging from Tyke to Major Junior A levels. These groups include most recently, the Owen Sound Junior A hockey team, the AAA Grey Bruce Highlanders Association and house league and rep players in the City of Owen Sound.

Denise's program includes skill and technique development as well as conditioning, with focus on balance, control, speed and endurance. Her philosophy... she helps to provide one piece of the many pieces in the puzzle that's required in the development of a complete hockey player.

ON ICE TRAINING

SKILL DEVELOPMENT

SKATING

- Skill and technique development
- Conditioning
- Focus on balance, control, speed and endurance

Camp Instructors & Sessions

TIM ZIPPEL



Tim is currently a level one kickboxing coach as well as a yoga instructor at The Golden Tiger School of Kung Fu in Hanover.

He has over ten years of experience coaching minor soccer, lacrosse and hockey. He is also a certified level one triathlon coach. In 2008 Tim completed the Iron Man U.S.A Lake Placid.

For the past 7 years Tim has used yoga to maintain a healthy and fit lifestyle. Yoga is an essential element in sports to help lengthen, strengthen as well as helping to prevent injuries.

MARK PUTTENVINK



The Nathan Perrott Hockey Camp is happy to announce Mark Puttenvink as one of it's main camp instructors this year.

Mark resides in New Jersey. Working with young children all the way up to NHLers, Mark has been involved with hockey development at all levels for over 25 years. Mark was Nathan's strength coach for 3 years and from then on became close friends.

- New York Rangers Strength and Conditioning Coach 2001-2002
- New Jersey Devils Special Assignment Coach 1998-1999
- Albany River Rats Strength and Conditioning Coach 1994-1995
- New England Patriots Speed and Quickness Coach 1993-1994
- Professional Boxing Trainer

HOCKEY PLAYING DEVELOPMENT

- Neutral zone transition (1 on 1) (2 on 1) (2 on 2) (3 on 1)
- Offensive zone and defensive zone play
- Increasing the players competitive drive through a series of battle drills using fun, interactive off-ice drills.

GOALIE DRILLS

NEW - We are going to have a Goalie coach who will work with the Goaltenders and practice the following drills:

- Butterfly
- Screen Drills
- Reaction Drills: the W-drill, Y-drill the goalie's cross
- Goalie Stick Handling and passing

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