



2010



Checking Clinic

Join Chicago Mission Coaches Anders Sorensen, Mike McPartlin, Ryan Taylor, Chris Michael and Greg Tam at Seven Bridges Ice Arena to learn the fundamentals

It is a fact, 87% of all injuries that occur in hockey are directly related to body checking. The main focus of these sessions is to better prepare the player to give and receive a body check. Topics such as body positioning, balance, angling, how to give and receive a check, stick checks, sweep checks, poke checks, hip checks, pinch checks, winning the one to one battles, and separating your opponent from the puck while regaining control of the puck.

**Cost: \$125.00 for all 4 sessions
Limited to 30 Players
For all 1999 & 1998 players**

DATES

Monday	March 1, 2010 6:50 PM—8:00 PM 7B NHL
Wednesday	March 3, 2010 6:40 PM—7:50 PM 7B OLY
Monday	March 8, 2010 6:50 PM—8:00 PM 7B NHL
Wednesday	March 10, 2010 6:40 PM—7:50 PM 7B OLY



INTENSIVE DEDICATED TOP NOTCH TRAINING FOR
THE SERIOUS HOCKEY PLAYER. PERIOD.

6690 S. Route 53 Woodridge, IL 60517

630-521-1111



Checking Clinic

PROGRAM ENROLLMENT FORM
PARTICIPATION AGREEMENT
RELEASE OF LIABILITY FORM
WAIVER OF CLAIMS FORM
ASSUMPTION OF RISK FORM

MAIL TO: APH 6690 S. Route 53 Woodridge IL, 60517

Fax: 630-521-1150

Name: _____

Emergency Contact Phone #: _____ Relationship: _____

Email: _____

Position: _____ Level: (Circle One) 1999 1998

Payment: \$125.00 7 Bridges

Name on CC _____

CC#: _____ Exp: _____

Ck# _____

Accepting Checks, Cash and Master Card or Visa.
4% Surcharge on all Credit Card payments.

Please make all Checks Payable to APH: Advanced Power Hockey

**PARTICIPATION AND SKATING EQUIPMENT RENTAL AGREEMENT, RELEASE OF LIABILITY, WAIVER OF CLAIMS AND ASSUMPTION OF RISK
BY SIGNING THIS DOCUMENT YOU ARE ENTERING INTO A CONTRACT WHEREIN YOU MAY BE WAIVING CERTAIN LEGAL RIGHTS,
INCLUDING THE RIGHT TO SUE.**

TO: The SB Arena LLC and Seven Bridges Ice Arena ("Arena"), Advanced Arenas Inc., Advanced Power Hockey LLC, KL2 Holdings, Inc., their owners, officers, directors, agents, employees, and/or representatives of the above listed organizations:

ASSUMPTION OF RISK: I am aware that ice skating involves certain inherent risks, dangers and hazards which can result in serious personal injury or death. I am also aware that ice skating arenas contain potential dangers to the ice skating public. As such, I hereby freely agree to assume and accept any and all known and unknown risks of injury while participating in ice skating activities. I further recognize and acknowledge that the risks inherent in the sport of ice skating can be greatly reduced by taking lessons, abiding by the Skater Responsibility Code (now know as 'Your Responsibility Code') and by using common sense.

RELEASE AND WAIVER OF CLAIMS AGREEMENT: In consideration of allowing me to participate in the Arena's ice skating programs, leagues and activities and in consideration of the loan or rental to me of ice skating equipment, I hereby agree to the fullest extent permitted by law, as follows:

1. **TO ACCEPT FOR USE AS IS**, any equipment loaned or rented to me and to keep it in my possession at all times;
2. **TO WAIVE ANY AND ALL CLAIMS** that I have or may in the future have against the Arena, any of the parties named above and/or the rental shop; and
3. **TO RELEASE** the Arena and any party named above and/or the Rental Shop from any and all liability for any loss, damage, injury or expense that I may suffer, or that my next of kin may suffer, arising from the ice skating programs and activities at the Arena and as a result of my participation in the Arena's ice skating programs, leagues and activities and use of the equipment loaned or rented to me, due to any cause whatsoever, including negligence of breach of contract regarding the design, manufacture, selection, installation, maintenance or adjustment of the equipment and in the operation, supervision, design, or maintenance of the Arena.

ARBITRATION: In consideration of allowing me to participate in the Arena's ice skating programs, leagues and activities and in consideration of the loan or rental to me of the ice skating equipment, I hereby agree to submit to binding arbitration any and all claims which I believe I may have against the Arena, the above named parties and/or the Rental Shop arising from my participation in the Arena's ice skating programs, leagues and activities and use of the equipment loaned or rented to me. The arbitration shall be pursuant to the rules of the American Arbitration Association. The arbitrators shall apply the Federal Rules of Evidence to all proceedings. Arbitration shall be commenced within one (1) year from the date on which any alleged claim first arose. Further, the arbitration shall be held in the town where the Arena is located, unless otherwise mutually agreed to by all the parties. The submission to the American Arbitration Association shall be unlimited and the arbitration award may be enforced by any court of competent jurisdiction.

BINDING EFFECT OF AGREEMENT: In the event of my death or incapacity, this Agreement shall be effective and binding upon by heirs, next of kin, executors, administrators, assigns and representatives.

ENTIRE AGREEMENT: In entering into this Agreement, I am not relying upon any oral or written representation other than what is set forth in this Agreement.

I HAVE READ AND UNDERSTAND THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE THE ARENA, ITS OWNERS, MANAGERS, EMPLOYEES AND/OR THE RENTAL SHOP.

Signature of Participant

Signature of Parent or Guardian if Participant is a minor

Date