

Important Information, Typical Schedule, and Fees

Training regimen is designed for players who are serious about improving his or her skill level. Players **must have prior playing experience** in order to qualify for this training series. **Spots are limited.** Full equipment is required for all training sessions.

Typical Schedule

(Training times, schedule, and routine may vary based on rink schedule and group plan. Time is arrival to dismissal)

12:30pm-3:30pm	Off-ice Training Hydrate/Snack/Dress On-ice Training Stretch/Hydrate/Dress
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***NEW to the schedule for 2010**

2-Full Ice Game sessions, additional

Fees and Optional Payment Schedule

\$845.00

(Includes bottled water/snacks/training t-shirt)

**Special Discounts-Limit (1) Discount per player.
Discounts cannot be combined.**

Two Camp Discount: \$795 per camp (\$1590 total)
Player enrolls for camp at Ice World and Reisterstown
Family Discount: Five percent (5%) discount off total cost for each family member when 2 or more immediate family members register together.

Optional Payment Schedule

\$350 Deposit	Due with registration
\$295	Due 5/10/10
\$200	Due 6/10/10

(\$350 Deposit is non-refundable after 5/10/10. The Payment Sch. option requires a valid credit card to qualify. If payment is not received by dates, payment will be charged to credit card. All refunds and/or returned checks will be subject to a \$25 processing fee)

Tomorrow's Ice Hockey Dev. Co. Mission Statement

Tomorrow's Ice Hockey Development was founded on the principles of providing a quality hockey learning experience at a reasonable price. The teaching professionals who represent Tomorrow's Ice are committed to keeping a player centered environment and creating an atmosphere that fosters development and positive self worth. We continue to believe that serious training within a structured environment can be both effective, as well as enjoyable...when done right and led right!



Tomorrow's Ice
Hockey Development Co.
725 Rosecroft Court
Forest Hill, MD 21050
www.tomorrowsice.com

Questions or Inquiries

Please contact Mike Shramek via:
phone 410-877-4808
email coachmike@tomorrowsice.com



Hockey Development Company



High Intensity Training

For Serious Players Only

***NEW for 2010-Now 2 Locations!
2 Game Days!**

When: Mon, June 21-Wed, August 11, 2010
(Off 7/26 and 7/28) and
Tues, June 22-Thurs, August 12, 2010
(Off 7/27 and 7/29)

Time: 12:30pm - 3:30pm
(Mondays and Wednesdays at Reisterstown)
(Tuesday and Thursdays at Ice World)

Who: Bantams and Midgets (All levels)

Where: Ice World -1300 Governor Court
Abingdon, MD 21009 and
Reisterstown Sportsplex-401 Mitchell Drive
Reisterstown, MD 21136

Meet the Coaches

Program Highlights and Features

Tomorrow's Ice HIGH INTENSITY TRAINING sessions will be fully managed and maintained by the Tomorrow's Ice staff of teaching professionals, and is intended for **bantam and midget age players.** (Second year pee wee players will be considered on a case by case basis.)

Program highlights and features will include:

- Player Training Jersey
- Training Log, Manual, and Player Evaluation
- Periodic Assessments of Progress
- Off-ice and On-ice Training Each Day
- Approximately 45 Hours of Training Throughout the Summer
- Game Days-**New for 2010!**
- Veteran Coaching Staff with Extensive Instruction, Playing and Training Experience
- Hockey Specific Anaerobic and Plyometric Training
- Emphasis on Skating and Overall Skill Development
- Smaller Group Size for "Team-Like" Environment and Individual Attention
- Effective Training for both Position Players and Goalies

Tomorrow's Ice HIGH INTENSITY TRAINING Program Staff of Teaching Professionals

MIKE SHRAMEK

- President and Founder of Tomorrow's Ice Hockey Dev.
- MAPHL Coach of the Year, 2008-09
- Head Coach, Calvert Hall College High School, 2009 State Champions, 3-time MIAA Champions
- Former Hockey Director, Ice World
- ACHA Div. 1-Towson University
- All-NJCAA Selection at Broome CC

RICH JONDO

- Western Michigan Blizzard, AAHL Pro
- Asst. Coach, Towson Univ., ACHA Div. 1
- ACHA Div. 1-Towson University
- Washington Nationals Jr. A-AJHL
- NJCAA-North Country CC

COREY JENDRAS

- Current NCAA Div. 1 Hockey Player
- Topeka Road Runners Jr. A-North American Hockey League
- Washington Nationals Jr. A-AJHL
- USA Hockey Select Festival

MIKE CIFFELI

- Asst. Teaching Professional
- New England Huskies Jr. A-Eastern Junior Hockey League
- Texas Tornados Jr. A-North American Hockey League
- Ellenton Eels, Tier 1 AAA

GREG VALIQUETTE

- Asst. Teaching Professional and Goalie Consultant
- GDI Instructor and Trained
- ACHA Div. 1-Towson University
- Northern Mass Cyclones, AJHL
- Central Penn, MJHL

(Coaches/Instructors subject to change at anytime without notice)

Registration Information

Please complete this registration form, detach and send method of payment to:
Tomorrow's Ice H.I.T. Program
c/o Mike Shramek
725 Rosecroft Court
Forest Hill, MD 21050

or register on-line at
www.tomorrowsice.com

Name _____
DOB(Age) _____
Address _____
City _____
State,Zip _____
Home# _____
Cell# _____
Email _____
Parents _____
2010-11 Team _____
Level _____

ASSUMPTION OF RISK AGREEMENT AND RELEASE

Upon entering events sponsored by Tomorrow's Ice Hockey Dev. Co., Inc. ("TI") and/or agents or affiliates, I/We agree to abide by the rules of TI. I/We understand that participation of the sport constitutes a risk of serious injury or death. I/We voluntarily and knowingly recognize, accept, and assume this risk and release Tomorrow's Ice Hockey Dev. Co., Inc., event organizers and skating professionals from any liability therefore.

Signature of Parent/Guardian Date

Payment Information

Make checks payable to **Tomorrow's Ice**

Method of Payment: cash___check#_____

Credit Card Type: VISA MC AMEX DISC

Card# _____ Exp. Date _____

Authorization Code (from back of card) _____

Signature of Card Holder _____

Amount: _____

(\$350 Deposit or \$845 Full Payment)

Rtown IW Rtown & IW T-shirt size _____

Please go to www.tomorrowsice.com to print, complete, and sign additional medical info form. Please mail all completed form and payment with this form to address listed above.