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 Bellingham, WA 98226
 USA

4544 Bench Rd.
 Duncan, BC
 V9L 6M6
 Canada



MIHS of Canada

MIHS OF CANADA



“A Stride Ahead Since 1987”

2009 Programs

Professional Hockey Camps & Goaltender Training

Professional Elite Checking & Skills Camps

Professional Jr. & College Showcase Camps (Ages 15 & older)

Professional Elite Prospects Camps (1994 & '95s)

www.mihscanada.com

Toll Free: 1-877-738-8552

Fax: 1-866-847-8429

MIHS of Canada “22 Years of Hockey Excellence”

We are very proud to be entering our 22nd year of Hockey Camps. Over the last 22 years we have seen hockey develop into a popular international sport. We have become a leader in offering developmental, specialty, and elite programs for kids of all ages throughout North America. Our staff is committed to improving every participant's skill level and game. A detailed listing of our staff can be viewed at our website. We bring in top U.S. College, Canadian Junior, and Professional players that we know will best deliver our effective training curriculum. We have seen many of our former students advance to the NHL, NCAA Division 1 and 3 programs, as well as the USHL, NAHL, and Canadian Juniors. Come and see why we are *a stride ahead of the competition since 1987!*

MIHS 2009 SKILL DEVELOPMENT AND PROSPECT CAMPS

MIHS Professional Skills Training always provides an emphasis on skating skills. We break down the skating stride, working on balance, extension, and a full recovery. A focus on other challenging skills such as stick handling, puck control, shooting, passing, positional play around the net including screening, deflections, and wrap arounds gives young players a great opportunity to improve their skill levels.

Professional Checking Development is unique, comprehensive, and extremely popular. We introduce the skill to kids preparing to step into checking leagues, and offer more advanced training to those kids already competing in checking leagues. We use a safety first approach, using a five step process to teach the skill, building confidence. Combined with plenty of game-like simulation and skills, kids will have a great opportunity to enhance their personal skill level and game.

Professional Prospects Camp will use our popular showcase format. We recognize the demand our scouts have for tracking younger talented kids. This camp will be offered to Elite 1994 and '95 birth years.

Professional Elite Goaltending will be offered for all ages. Please visit our website for more information on our goalie training.

1-877-738-8552

MIHS of Canada Prospect & Development Camp Sessions 2009 ELITE PROSPECTS TRAINING (94 & '95s)

- | | |
|---|-------------------|
| 13. Soldotna Sports Center, Soldotna, AK | June 15-19 |
| 9 hrs ice time, off ice training and seminar
Elite Goaltender training (Limit 4 goalies) \$335 | |
| 14. Menard Memorial Ice Arena, Wasilla, AK | June 22-26 |
| 10 hrs ice time, off ice training and seminar
Elite Goaltender training (Limit 4 goalies) \$315 | |
| 15. Kerry Park Rec Center, Mill Bay, BC | Aug 17-21 |
| 10 hrs ice time, off ice training and seminar
Elite Goaltender training (Limit 4 goalies) \$245 Cdn | |

2009 DEVELOPMENTAL SKILLS & GOALTENDING TRAINING

- | | |
|--|-------------------|
| 16. Subway Center, Anchorage, AK | June 13-15 |
| A. Mites & Squirts Mini Camp - 6 hrs ice, off ice \$185
B. Elite Squirts & Pee Wees Checking & Skills \$225
7 hrs ice time, off ice, goaltender training* | |
| 17. Soldotna Sports Center, Soldotna, AK | June 15-19 |
| Pee Wees & 1st Year Bantams - Skills Camp \$195
8 hrs ice time, off ice activities and seminar* | |
| 18. Menard Memorial Ice Arena, Wasilla, AK | June 22-26 |
| A. Mites & Squirts Mini Camp - 6 hrs ice, off ice \$170
B. Elite Squirts & Pee Wees Checking & Skills \$245
8 hrs, off ice, Elite Goaltender training (Limit 4 goalies) | |
| 19. Soldotna Sports Center Hockey School | Aug 10-14 |
| A. Mites & Squirts Mini Camp - 6 hrs ice, off ice \$175
B. Elite Squirts & Pee Wees Checking & Skills \$200
7 hrs, off ice
C. Bantam Skill Development Camp - 8 hrs, off ice \$250 | |
| 19. Harry McDonald Center, Eagle River, AK | Aug 14-16 |
| A. Mites & Squirts Mini Camp - 5 hrs ice time \$175
B. Elite Squirts & Pee Wees Camp - 7 hrs ice, off ice \$225
C. Bantam Skill Development Camp - 8 hrs, off ice \$250
D. High School Boys Skills & Conditioning - 7 hrs ice \$225 | |
| 21. Kerry Park Rec Center, Mill Bay, BC | Aug 17-21 |
| A. Atoms & Novice Skill Development - 7 hrs ice \$155
B. Pee Wees & Bantams - 10 hrs ice, off ice training \$225 | |
| 22. New Mexico, (TBA Rio Rancho, Santa Fe) | Aug 21-23 |
| Check MIHS for details coming soon. | |
| 23. Steamboat Springs, CO - Fall Training Camp | Sep 18-20 |
| A. Mites & Squirts Mini Camp - 5 hrs ice time \$165
B. Elite Squirts & Pee Wees Camp - 7 hrs ice, off ice \$235
C. High School Girls Training Camp - 7 hrs ice \$235
D. High School Boys Skills & Conditioning - 7 hrs ice \$235 | |

* Goaltender Training is offered for all sessions and is limited to 4 goaltenders.

**Registering within Canada
 send payment and registration to:
 Kerry Park Rec Center or MIHS**

MIHS – 22 Years of Excellence

2009 Sessions



2009 JR AND COLLEGE SHOWCASE CAMPS

- 1. Brewster Ice Arena, Brewster, NY** **March 27-29**
Ages 15 & Older **\$325.00**
- 2. Raleigh, North Carolina** **April**
Check website for confirmed date in April **\$295.00**
- 3. Ontario Ice Center, Ontario, CA** **May**
Check website for confirmed date in May **\$350.00**
- 4. Soldotna Sports Center, Soldotna, AK** **June 19-21**
Ages 15 & Older **\$325.00**

2009 JR AND COLLEGE PREP CAMPS

- 5. Subway Center, Anchorage, AK** **June 13-15**
(5% discount off showcase price) (8 hrs) **\$250.00**
- 6. Soldotna Sports Center, Soldotna, AK** **June 15-18**
(5% discount off showcase price) (8 hrs) **\$250.00**
- 7. Menard Memorial Ice Arena, Wasilla, AK** **June 22-26**
Ages 15 & Older (9 hrs) **\$250.00**
- 8. Brewster Ice Arena, Brewster, NY** **July TBA**
Ages 15 & Older (8 hrs) **\$275.00**
- 9. Soldotna Sports Center, Soldotna, AK** **August 10-14**
Ages 15 & Older (8 hrs) **\$250.00**
- 10. Kerry Park Rec Center, Mill Bay, BC** **August 17-21**
Ages 15 & Older (8 hrs) **\$175.00**

2009 COLLEGE TRAINING CAMP HIGH SCHOOL GIRLS

- 11. Subway Center, Anchorage, AK** **June 13-15**
(9 hrs ice) Daily off ice training, College Q&A Seminar **\$325.00**
- 12. Kerry Park Rec Center, Mill Bay, BC** **August 17-21**
(8 hrs ice) Daily off ice training, College Q&A Seminar **\$225.00**

Family and Team discounts available. Contact MIHS for information. Pro-rating is available for those unable to attend the full program.

2009 SHOWCASE CAMPS

MIHS offers talented players and goaltenders an opportunity to show off their skills and abilities on and off the ice. By limiting the amount of participants we provide a scout to participant ratio of 1:10. We provide an elite camp where participants can approach the staff and get objective feedback. The weekend provides high tempo practices, coached games, and our popular Q&A seminar. The Scouting staff will have the task of putting together two All Star teams that will play off in the All Star finale. This all provides a great venue for kids 15 and older to excel in front of an All Star staff. Our staff is made up of U.S. Division 1 and 3 colleges, Canadian Jr. A and B, USHL, NAHL, New England and Canadian Prep Schools. Please visit our website to see a list of teams that are committed to the MIHS Showcase Program.

2009 ELITE JR & COLLEGE PREP CAMP

This challenging and high tempo camp will challenge all participants physically and mentally. It is geared for kids 15 and older and at most venues will be a Prep camp for the upcoming showcase. We will have Showcase scouts running this popular program. It will provide participants an additional opportunity to network and have dialogue with the scouts. (Discounts apply for the prep camp if registered in the MIHS Showcase Camp.)

TEAM DISCOUNTS AND INCENTIVES FOR ORGANIZERS.

Please fill out the following information if you would like a personal profile given to the scouts. Also fill out the registration form and waiver and forward to MIHS of Canada. Registration can be done at www.mihscanada.com

Recent team: _____

Stats: Games Played: _____ Goals: _____

Assists: _____ Penalty Minutes: _____

Position for Showcase: _____

Please provide us with 2 hockey references:

- 1. _____
- 2. _____

www.mihscanada.com

MIHS RELEASE AND WAIVER

To: LANCE ODEGAARD ENTERPRISES INC/LTD. C/O Mid Island Hockey Schools 301 W. Holly Street, Bellingham, WA 98226 USA

In consideration of LANCE ODEGAARD ENTERPRISES INC. accepting this application, I

_____ for myself, my heirs, executors, administrators and assigns, RELEASE LANCE ODEGAARD ENTERPRISES INC/LTD. its respected servants, agents or employees from any claims, demands, damages, actions or causes of actions arising out of or in consequence of any loss, injury or damage to my person or property incurred, while attending at or participating in the hockey conditioning program, or during my lodging at room and board facilities provided by the hockey conditioning program, not withstanding any such loss, injury or damage may have arisen by reason of the negligence of LANCE ODEGAARD ENTERPRISES INC/LTD., its servants, agents, or employees. Without limiting the generality of the foregoing. I FURTHER RELEASE any recourses which I may now and hereafter have resulting from any decision of LANCE ODEGAARD ENTERPRISES INC/LTD.

Signature of Applicant

Signature of Parent/Guardian

INDEMNIFICATION

In CONSIDERATION OF LANCE ODEGAARD ENTERPRISES INC/LTD., accepting the within application, I,

(Parent/ Guardian)

of _____
(applicant)

agree to indemnify LANCE ODEGAARD ENTERPRISES INC/LTD., its servants, agents, or employees from any claims or demands which might be made against LANCE ODEGAARD ENTERPRISES INC/LTD., arising out of or in consequence of the attendance or participation by:

_____ (applicant) in the hockey conditioning program, including travel to and from the program and lodging in room and board facilities. If under the age of NINETEEN (19) years, indemnification must be signed by parent or guardian.

(Parent/Guardian)

Dated this _____ day of _____, 2009

MIHS 2009 REGISTRATION FORM

Parent or Guardian: _____

Player or Goalie Name: _____

Address: _____

City: _____ Zip (Postal) Code: _____

Phone: _____ Birth year: _____

E:Mail address: _____

Session # and Date: _____

MIHS Souvenirs:

Hats (circle): (\$25.00) Tan Black

Hockey Jersey (circle):
(Additional \$30.00 Cost) XLg Lg Med Sm

Medical Insurance Company: _____

Emergency Contact # _____

History of Illness, recent injury, or allergies?

Payment, Cancellation, and Refund Policy

A minimum \$100.00 deposit is required 8 weeks prior to camp date. The balance for the camp must be received 4 weeks prior to the camp or you risk the possibility of losing your initial deposit. Personal check, money order made out to MIHS of Canada is accepted. Visa is accepted. Payments made by check, the cancelled check will serve as your receipt.

**Refunds will be given for medical reasons only, and must be accompanied with a Doctor's statement verifying sickness or injury 2 weeks prior to the start of the camp. A \$100.00 administration fee will be charged on all cancellations. MIHS reserves the right to dismiss a student if he or she interferes with the policies of MIHS.*

AMOUNT ENCLOSED: _____ (All taxes included U.S. Camps)
(Add 5 % GST Canadian Camps)

Name on Credit card: _____

Expiration date: _____

Visa or M/C #: _____

Send registration, payment & waiver:
MIHS of Canada (U.S.A.)
2622 Sylvan Street, Bellingham, WA 98226