

# BelaHockey

## BelaHockey San Jose Girls Tune-Up Camp

### Schedule:

#### • Novice:

Friday, May 13: 4:30pm-5:00pm Camp Introduction; 5:30-6:45pm East Rink

Saturday, May 14: 3:00pm-4:00pm Dryland; 4:30-5:45pm East Rink

Sunday, May 15: 9:15am-10:45am East Rink; 11:00am-12:00pm Dryland

#### • Advanced:

Friday, May 13: 7:15pm-7:45pm Camp Introduction; 8:15-9:30pm North Rink

Saturday, May 14: 6:00pm-7:00pm Dryland; 7:30-8:45pm East Rink

Sunday, May 14: 2:15pm-3:30pm East Rink; 3:45-4:45pm Dryland



### Camp Cancellation Policy

All cancellation requests must be sent to [info@belahockey.com](mailto:info@belahockey.com).

- Registrations will be accepted until the time the camp is full.
- Requests received 30 days or greater before the camp starts will be refunded fully minus a \$25 administration fee.
- Requests received 29 days – 48 hours prior to camp start will be refunded 50% of the registration fee and the additional 50% in a BelaHockey.com voucher minus a \$25 administration fee.
- Refunds will not be issued for cancellations received within 48 hours of camp start. If a participant is injured or becomes sick before start of the camp, 50% of the registration fee will be returned in a BelaHockey.com voucher. A doctors note will be required.

BelaHockey can not provide refunds for cancellations due to unforeseen acts of God, including facility damage, closures, or weather-related cancellations. These events are highly unlikely to occur, but in the event that they do, we will issue credit vouchers for the full amount paid for the affected program. If BelaHockey cancels for any other reason not specified above, we will offer you a full refund. BelaHockey reserves the right to cancel or change the programs, dates or locations.



**Hosted by:**  
**San Jose Jr. Sharks  
Girls Hockey**



### Our sponsors:

San Jose Jr. Sharks Girls Hockey:  
<http://www.sjsharks.com/pages/girls>

**Sharks Ice at San Jose**  
**1500 South Tenth Street**  
**San Jose, CA 95112**

## Professional Coaching Staff:



### Doug Johnson - Lead Counselor

- Head Coach, Madison Capitols U16 Girls, Tier I (2009-2010) - 2010 National Championship contenders
- Assistant Coach, Madison Memorial High School, Boys (2004-2006)
- Head Coach, Wisconsin Ice Spirit U14 Girls, Tier II (2004-2009) - 2009 State Champions
- Head Coach, Madison Stars U14 AAA Girls post-season team (2007-2009)
- Coach, Bob Johnson Hockey School (2003-Current), Counselor (1999-2002)
- Coach, Rocky Mountain Hockey School (2004)
- USA Hockey Certification: Level 5
- Twice named Coach of the Month by the Wisconsin Amateur Hockey Association, WAHA (Oct-Nov, 2008)
- Private On/Off Ice Instructor

### Jennifer Tatnall - Counselor



- Head Coach, Arvada Girls Hockey (2006-2011)
- Head Coach, Colorado Select Girls Hockey Association (2004-2006)
- USA Hockey Certification: Level 5
- USA Hockey Girls and Women's Coaching Symposium – Lake Placid – August 2007 & 2008
- 2010 & 2011 U12 MSGHL State Champions
- 2007 & 2008 U14 Rocky Mountain District Champions
- 2007 U14 MSGHL State Champions



**BelaHockey** San Jose Girls Tune-Up Camp offers sessions for girls players to refine and further develop their hockey skills in preparation for the 2011-2012 tryout cycle. Camps are coached by an experienced and highly qualified coaching staff dedicated to the development of the female hockey athlete. Emphasis will be placed on fundamental skill development and team work. Power skating, stickhandling, passing, and shooting skills will all be highlighted in an environment which allows participants to expand their knowledge of the great game of ice hockey.

**Dryland Training:** Off-ice training will be conducted using the Bio-Board, developed by Doug Johnson. The Bio-Board is quickly becoming a premier balance training and rehabilitation tool for athletes and trainers of all sports. Using the Bio-Board for fun or a serious workout helps develop your balance, agility, leg strength, motor skills and core fitness.



### When:

Dates: Friday, May 13 - Saturday, May 15, 2011

### Divisions:

**Girls Novice and Girls Advanced • Ages: 6-16**

**Novice:** Beginning level players, some skating / playing experience; one year or less in-house or travel team play.

**Advanced:** Intermediate to advanced level players; two or more years in-house or travel team play.

- Each camp is limited to 30 skaters and 4 goalies
- Skaters: \$180 for registrations on or before April 15, 2011; \$200 after April 15, 2011
- Goalies: \$55 for registrations on or before April 15, 2011; \$75 after April 15, 2011
- Registration fee includes 3-1.25 on-ice sessions, 2 off-ice dryland training sessions and a BelaHockey camp jersey.

### Registration:

Registration can be completed online at: [www.belahockey.com](http://www.belahockey.com) under the "Camp" section. Medical and liability release forms will be mailed upon completed registration and must be signed and turned in at the camp registration table the first day of camp before participants are allowed to participate in on-ice activities. If you have any questions, or would like more information, please don't hesitate to contact our Camp Director: [jennifer@belahockey.com](mailto:jennifer@belahockey.com)



# BelaHockey