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 Bellingham, WA 98226  
 USA

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 Canada



MIHS of Canada

# MIHS OF CANADA



*“A Stride Ahead Since 1987”*

## 2008 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](http://www.mihscanada.com)

Toll Free: 1-877-738-8552

Fax: 1-866-847-8429

## MIHS of Canada “21 Years of Hockey Excellence”

We are very proud to be entering our 21st year of Hockey Camps. Over the last 21 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 2008 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

### 2008 ELITE PROSPECTS CAMPS (1994 & '95s)

- |  |                     |
|--|---------------------|
| <b>11. McDonald Center, Eagle River, AK</b>  | <b>June 8-12</b>    |
| 12 hrs ice time, off ice training<br>Elite Goaltender training (Limit 4 goalies)   | <b>\$355.00</b>     |
| <b>12. McDonald Center, Eagle River, AK</b>  | <b>August 8-10</b>  |
| 2 practices, 4 games, College & Jr seminar<br>Limited to 4 teams - Showcase format | <b>\$355.00</b>     |
| <b>13. Bellingham Sportsplex, Bellingham, WA</b>                                   | <b>August 16-18</b> |
| 2 practices, 4 games, College & Jr seminar<br>Limited to 4 teams - Showcase format | <b>\$355.00</b>     |

### 2008 DEVELOPMENTAL SKILLS & GOALTENDING CAMPS

- |   |   |
|---|---|
| <b>14. McDonald Center, Eagle River, AK</b>   | <b>June 8-12</b>  |
| A. Mites & Squirts - 10 hrs, off ice<br>B. Elite Squirts & Pee Wees - 10 hrs, off ice   | <b>\$295.00</b>   |
| <b>15. Soldotna Sports Center, Soldotna, AK</b>   | <b>June 13-15</b>   |
| Elite Goaltender Privates (Max. 7 goalies)<br>Elite Private Lessons (Max. 8 skaters)<br><b>6 hrs of private on-ice instruction</b>  | <b>\$215.00</b><br><b>\$215.00</b>  |
| <b>June 9-13: Mites-Bantams, Kenai Brown Bears Hockey School</b><br><a href="http://www.kenairiverbrownbears">www.kenairiverbrownbears</a> for more information   |   |
| <b>16. Howelsen Ice Arena, Steamboat Spr., CO</b>   | <b>August 4-8</b>   |
| A. Mites & Squirts - 7 hrs, off ice<br>B. Elite Squirts & Pee Wees - 10 hrs, off ice<br>C. Elite Pee Wees, Bantams Checking & Skills - 10 hrs<br>D. Elite Goaltender Training - 6 hrs private ice<br><b>(10% discount if signed up for 2 sessions)</b><br><b>Ratio: 1 instructor - 6 goalies</b><br>E. Elite Defenseman Training (Max. 20 skaters)<br><b>Squirts - Bantams - 1.25 hrs ice per day</b> | <b>\$195.00</b><br><b>\$325.00</b><br><b>\$325.00</b><br><b>\$275.00</b><br><b>\$215.00</b> |
| <b>17. Soldotna Sports Center, Soldotna, AK</b>   | <b>August 11-15</b>   |
| A. Mites & Squirts - 6 hrs ice<br>B. Pee Wees Checking & Skills Training - 8 hrs  | <b>\$150.00</b><br><b>\$215.00</b>  |
| <b>19. Kerry Park Rec Center, Mill Bay, BC</b>  | <b>August 22-26</b>   |
| A. Atoms & Novice Hockey School - 7 hrs ice<br>B. Pee Wees & Bantams Skills School - 10 hrs ice<br><b>Hockey School includes lunch and off ice activities</b>   | <b>\$145.00</b><br><b>\$215.00</b>  |

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

# MIHS 21 Years of Excellence



## 2008 Sessions

### 2008 ELITE JR AND COLLEGE SHOWCASE CAMPS

- 1. Brewster Ice Arena, Brewster, NY**      **March 21-23**  
Elite 15 & Older      **\$295.00**
- 2. Soldotna Sports Center, Soldotna, AK**      **June 13-15**  
Elite 15 & Older      **\$325.00**
- 3. Lakewood Glacial Gardens, Lakewood, CA**      **August 2-4**  
Elite 15 & Older      **\$350.00**

### 2008 ELITE JR AND COLLEGE PREP CAMPS

- 4. Soldotna Sports Center, Soldotna, AK**      **June 9-12**  
**5% Discount for Showcase - 8 hrs**      **\$225.00**  
• Kenai Brown Bears (NAHL), in conjunction with MIHS staff
- 5. McDonald Center, Eagle River, AK**      **June 8-12**  
**5% Discount for Showcase - 8 hrs**      **\$225.00**
- 6. Howelsen Arena, Steamboat Springs, CO**      **August 4-8**  
High School Ages - 10 hrs      **\$275.00**
- 7. Soldotna Sports Center, Soldotna, AK**      **August 11-15**  
High School Prep Camp - 10 hrs      **\$255.00**
- 8. Kerry Park Rec Center, Mill Bay, BC**      **August 22-26**  
Ages 15 & Older - 10 hrs      **\$165.00 Cdn**

### 2008 ELITE GIRLS CAMPS FRESHMEN - SENIORS

- 9. McDonald Center, Eagle River, AK**      **June 7-9**  
Freshmen - Seniors Limited to 36 participants      **\$310.00**  
10 hrs ice, off ice training, College Q&A Seminar
- 10. Brewster Ice Arena, Brewster, NY**      **July 11-13**  
Elite Showcase - Freshmen - Seniors      **\$295.00**  
2 practices, 4 games, College Q&A Seminar

Family and Team discounts available. Call MIHS or check it out on our website for all the details! MIHS will prorate for participants unable to attend the full program.

## 2008 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.

### 2008 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](http://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](http://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 \_\_\_\_\_, 2008

## MIHS 2008 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 6 % 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**