

## PROLINE SPORTS

### Skating and conditioning league for Southern Minnesota and northern Iowa youth in Albert Lea, MN and FOUR SEASONS in OWATONNA

**Spend more time on the ice and less in the car**

League begins AUGUST 21, 2009

**X – Your Choices**

<u>      </u>	Squirt League 6 games, Aug 21- Sept. 12 (Albert Lea).....	\$ 59.99
<u>      </u>	Squirt League 6 games, Sept 18- Oct. 3 (Owatonna) .....	\$ 59.99
<u>      </u>	Squirt League 12 games Aug 21- Oct. 3 (both arenas) .....	\$ 110.00
<u>      </u>	Pee Wee League 6 games, Aug 21-Sept. 12 (Albert Lea).....	\$ 59.99
<u>      </u>	Pee Wee League 6 games, Sept 18- Oct. 3 (Owatonna) .....	\$ 59.99
<u>      </u>	Pee Wee League 12 games Aug 21- Oct. 3 (both arenas) .....	\$ 110.00

Girls 10 under can play squirts

<u>      </u>	Girls League Level_____ 6 Games (Albert Lea).....	\$ 59.99
<u>      </u>	Girls League Level_____ 6 Games (Owatonna).....	\$ 59.99
<u>      </u>	Girls League Level_____ 12 Games (both arenas).....	\$ 110.00

Bantam and High School leagues are 4 on 4 – no check- 12 players and goalie, integrated communities

<u>      </u>	Bantam League 6 games, Aug 21- Sept. 12 (Albert Lea).....	\$ 69.99
<u>      </u>	Bantam League 5 games, Sept 18- Oct. 3 (Owatonna).....	\$ 59.99
<u>      </u>	Bantam League 11 games Aug 21- Oct. 3 (both arenas) .....	\$ 120.00
* <u>      </u>	Checking Fundamental and Training 2 – 1 ½ hour sessions .....Sept. 19 .....	\$ 45.00
* <u>      </u>	High School/Bantam Elite Conditioning 3 - 1 ½ hour sessions per week - 4 weeks.....	\$ 225.00

Conditioning Dates Sept.14, 15, 18, 21, 22, 25, 28, 29 Oct. – 2, 5, 6, 9 (times to be announced-evenings)

All levels are no-check; this league is designed for maximum skating and conditioning.

All games will be with referee, but with minimum stop time

Each League participant will receive a league jersey. Games are Fri, Sat, and Sun.

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Position... Forward \_\_\_\_\_ Defense \_\_\_\_\_ Goalie \_\_\_\_\_

Date of Birth Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_ 2009 Level - Squirt \_\_\_\_, P.W. \_\_\_\_, Ban \_\_\_\_, H.S. \_\_\_\_,

Girls Level \_\_\_\_\_

Parent or Guardian \_\_\_\_\_

Address \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Telephone \_\_\_\_\_

Cell-Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Registration is appreciated by April 30, 2009. Do you have a team that would like to participate? Interested in coaching?

Any questions Call Tom @ 763-227-1016

I will abide by all the rules set forth by the league and accept them entirely. No refunds after registration deadline. I understand all risks and assume responsibility for participation in this hockey league. Parent or guardian. I am aware that Proline Sports LLC does not have medical insurance.

\_\_\_\_\_ Date \_\_\_\_\_

-Penalties will be losing your time to skate for two minutes without penalizing the team.

-Fighting may include game suspension or league termination without refund.

2009 - Proline Sports 5<sup>TH</sup> year in providing off season leagues and training and our 1<sup>st</sup> using FOUR SEASONS in OWATONNA

**Send Application (2 parts) with Check or Money order to: PROLINE SPORTS  
1422 Circle Drive  
Albert Lea, MN 56007**

# **PROLINE SPORTS FALL HOCKEY LEAGUE**

**Skating and conditioning league for Southern Minnesota and northern Iowa youth**

**By pre-season conditioning, coaches can spend more time on fundamentals**

## **At Bantam and High School levels:**

**Proline Sports uses the 4 on 4 standard to create more ice for acceleration and puck-handling development. The NO-CHECK league allows a player to accelerate and change direction at uninterrupted speed enhancing opportunity for development.**

### **NO-CHECK:**

- \*creates opportunity to be in “game ready” condition for tryouts**
- \*decreases the chances of injury**
- \*combines players from different communities where camaraderie can be developed and continued lifelong.**

## **At Squirt and Pee wee levels:**

**Community teams are encouraged at this level as the importance of teamwork is at a developing stage.**

### **Pee wee**

**NO-CHECKING; as many 1<sup>st</sup> year peewees have not been introduced to checking fundamentals, this league eliminates that adjustment and introduces the players to the speed of Pee wee play.**

### **For All**

**Social networking is also a consideration.**

