

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Phone #: \_\_\_\_\_

Address: \_\_\_\_\_

**Camp @ The O'Brien Arena**

Please circle age: mite/squirt/pee wee/bantam/high school

WEEK ONE ONLY

August 23-27 - 7:30 AM to 11:30 PM

Cost \$399

WEEK TWO ONLY

August 30-Sept 3 3:00-4:30 PM

Cost \$199

WEEK ONE & TWO

Cost \$499

**Mail application and \$50 non refundable deposit payable to:**

**JOHN MESSURI 14 ARROWHEAD LN, ARLINGTON, MA 02474 781 507 4909**

IN CONSIDERATION OF MY CHILD ENROLLING IN MESSURI'S SKATING & SKILLS, I AGREE TO INDEMNIFY AND HOLD HARMLESS MESSURI'S SKATING & SKILLS AND ALL THEIR OFFICERS, AGENTS, EMPLOYEES AND PARTICIPANTS FROM ALL CLAIMS, LIABILITY, LOSS DAMAGE AND EXPENSE WHICH MAY, IN ANY WAY ARISE FROM MY CHILD'S PARTICIPATION IN THIS PROGRAM. IN THE EVENT OF INJURY OR ILLNESS, MESSURI'S SKATING & SKILLS HAVE MY PERMISSION TO ACT ACCORDING TO THEIR BEST JUDGEMENT.

**PARENTS SIGNATURE:** \_\_\_\_\_

# JOHN MESSURI'S

## *Skating & Skills*

### Kick Start Your Hockey Season!!

SUMMER HOCKEY SCHOOL  
2010

Week One  
AUGUST 23-27

Week Two  
AUGUST 30 to SEPT. 3rd

O'BRIEN ARENA  
Locust St., WOBURN

# Messuri's Skating and Skills 2010 Summer Camp

To view camp online go to [www.seriovideo.com/JohnMessurihockey](http://www.seriovideo.com/JohnMessurihockey)

## Our 20th Season

### Summer Camp

Dry Land Training in Week 1  
On Ice Training in Week 1&2

**Sharpen your skills with:** stick handling, passing, agility, balance, over speed, and Conditioning drills.

Increase cardiovascular condition with Dry-land training.

Many of the same drills adopted by High school practices will be used. Such drills will help increase foot speed, Acceleration, puck control and body Position.

Week 1 Only Cost \$399  
Week 2 Only Cost \$199  
Week 1 & 2 Cost \$499

## General Information for all Applicants

**All Applications Due July 15, 2010**  
Non Refundable Deposit of \$50 due with application Balance due first day of camp.

Make checks payable to John Messuri.

The basics of skating will be stressed. We will begin with the proper stance that ensures optimal balance and proceed on how start from that position. From here our players will learn how to maintain the proper posture while reaching top speeds.

The basics of stick handling will show players how important the grip is. Stick handling basics will also teach how important cupping the puck for control.

The Skating Drills will emphasis increase foot speed. Comfort zone training and acceleration. Many of the same drills adopted in High School practices will be used. Players should be prepared for very intense workouts.

## About Coach Messuri

Head Coach Winchester High School

'98, '00 Coach of the Year (HNIB)

'01 '06,& 2010 Middlesex League Champs

2006 Super 8 Elite Tournament Participant

2009 Super 8 Elite Tournament  
Semi-Finalist

2010 Super 8 Elite Tournament

'01 1st public school seeded #1 in Super 8

'98, '00 Division 1 State Champs

85-86 ECAC/IVY League Rookie of the YR

88-89 ECAC/IVY League Player of the YR

4 time ECAC All-Star

Princeton University All-Time Leading Scorer