Morrisville State Hockey Developmental Camp
Release of Liability:

In consideration of your permitting (Player):

to use the Morrisville State College Iceplex, Morrisville, NY, for any purpose whatsoever, I hereby covenant and agree with Morrisville Auxiliary Corporation, the owners, the officers, the agents, the employees, and all persons engaged as instructors or administrators in any programs in which he/she may be a participant, to indemnify and hold harmless, each and every one of them from and against all claims, liability, loss, cost, damage and expenses, which may in any way arise out of, or in connection with, the use by him/her of such facilities, including without limitation all claims he/she might have for personal injuries or property damages to him/her or so arising. I understand that all video and photo images taken are solely the property of Morrisville State Collegiate Development Hockey Camp and may be used in promotional and instructional media. I also give consent to administer first aid and emergency transport to the nearest medical facility.

Signature (Parent or Guardian):

_______________________________________

*Please note any illnesses or medical conditions the player may have that the Iceplex staff should be made aware of:

_______________________________________

_______________________________________

Morrisville State Hockey Developmental Camp

Camp Program Highlights

On-Ice Program
- Six on-ice sessions with over 12 hours of hands-on ice drilling and instruction
- On-ice sessions are devoted to the improvement of individual skills such as skating, puck control, passing, receiving, shooting, body checking and situation play
- Additional specialized ice sessions to include:
  - Power Skating Dynamics
  - Small Area Games

Off-Ice Program
- Six off-ice sessions with over 6 hours of intensive off-ice conditioning, strength training, hand-eye coordination and development exercises and instructional tactics
- Introduction to strength training program
- Dry land training program for balance, quickness, flexibility, speed and endurance
- Drills designed to improve puck control and stick handling skills
- Off-ice shooting range to strengthen the speed, accuracy, and effectiveness of the wrist, snap, slap, and backhand shots
- Slide board and puck control exercises

Typical Daily Schedule

<table>
<thead>
<tr>
<th>On-Ice: 6:00-8:00pm</th>
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<tbody>
<tr>
<td>Power Skating</td>
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<tr>
<td>Skill Development</td>
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<tr>
<td>Situation Play</td>
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<tr>
<td>Small Area Games</td>
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<tr>
<td>Endurance Conditioning</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Off-Ice: 8:15-9:00pm</th>
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<tbody>
<tr>
<td>Plyometric Exercises</td>
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<tr>
<td>Shooting &amp; Puck handling Stations</td>
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<tr>
<td>Anaerobic Exercises</td>
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</table>

Take your game to the next level!

For more information:
Brian Grady
Head Hockey Coach
Morrisville State College
Morrisville, NY 13408
Tel: 315-684-6488
Fax: 315-684-6672
grilyba@morrisville.edu
The Developmental Camp Program

The Morrisville State Hockey Developmental Camp will be designed specifically for players devoted to further developing the specific skills necessary to succeed in the game of hockey at a high level of competition and take their game to the next level. The camp will target high school level players only! This camp will take an aggressive, “old-school” approach to on and off ice training techniques and regimen. Players will be challenged both mentally and physically.

Our dedicated staff is led by Brian Grady, Head Coach at Morrisville State College. Coach Grady has over 20 years of experience at some of the nation’s best developmental camps, and firmly believes in developing the fundamental aspects of a player’s game to fine-tuning the complete hockey player, both on the ice and off.

Contact Information

For further details, please contact:

Brian Grady
(315) 684-6488
gradyba@morrisville.edu

Rob Hameline
(315) 684-6640
hamelirf@morrisville.edu

The Coaching Staff

The Morrisville State Collegiate Development Hockey Camp takes pride in assembling an outstanding staff to provide valuable and insightful instruction to the campers.

Brian Grady, Camp Director

Brian Grady is in his third season as Head Coach of the Morrisville State College Hockey program in 2009. Grady also serves on the Central Region Ice Hockey Selection Committee for the Empire State Games and New York State Select Ice Hockey Festivals Committee.

Grady’s Coaching Bio:

2007-Present: Morrisville State Mustangs
Head Coach

2005-2007: St. Mark’s Lions (Prep School)
Athletic Director/Head Coach

2004-2005: Hamilton College Continentals
Assistant Coach

2002-2004: University of Maine Black Bears
Graduate-Assistant Coach

2000-2002: Salisbury Knights (Prep School)
History Teacher/Assistant Coach

Kevin Krogol, Assistant Director

Kevin Krogol is in his second season as Assistant Coach of the Morrisville State College Hockey program in 2009. Krogol played college hockey for the Utica College Pioneers, serving as team captain in his final season in 2007. He has also served as an on-ice coach and instructor at the Thunderbird Hockey School in Melvindale, MI and the Heenan Hockey School in Utica as a clinician.

*Current Morrisville State College players will serve as on and off ice counselors.

Application & Cost of Program

The total cost for the Morrisville State Hockey Developmental Camp will be $175. This fee includes tuition for the program, a camp jersey, and an individual evaluation report. Payment must accompany all applications, and be paid in-full on or before July 30, 2009.

Make checks payable to:
Morrisville Auxiliary Corporation
Earmarked “Developmental Hockey Camp”

Send payments to:
Morrisville State College Hockey
Attn: Brian Grady, Camp Director
105 Madison Road, Morrisville, NY 13408

Full Name ______________________________
Address ________________________________
City ___________________________________
State ___________ Zip ________________
Phone (_____)___________________________
E-mail _________________________________
Date of Birth __________________________
HS Team __________________________________