



HOLY GHOST PREP  
**ICE HOCKEY**  
**SUMMER CAMP**

**Camp Dates:** August 8 – 12, 2011

**Location:** Wissahickon Skating Club

**Director:** Coach Gump Whiteside

**Camp Cost:** \$350 per camper,  
\$100 for goalies

**Contact Information:**

215-247-1759, ext. 17  
gwhiteside@holyghostprep.org



The **HGP Ice Hockey Camp** is designed to introduce players to the exciting HGP ice hockey tradition and provide meaningful instruction that will enable all players to compete at their highest level.

HGP Head Coach Gump Whiteside has been involved in youth hockey for over thirty years. As a coach, his scholastic teams have earned a reputation for exceptionally smart play and demonstrated the highest character on the ice. Coach Whiteside has also been an active part of USA Hockey and the Atlantic District.

The camp will focus on **individual instruction, position responsibilities, dryland training, skating, teamwork and sportsmanship**. Campers will learn from a variety of instructors including current and former HGP varsity players.

Camps are designed for athletes between the ages of 6 and 15 (as of June 1, 2011). All campers will be grouped by age and/or individual skill level to maximize the benefits of the week for each camper. *Registration is available up to the day camp starts. However, due to limited availability, early response and enrollment is highly recommended.* Each skater should bring a water bottle, lunch, hockey skates, hockey stick, helmet with facemask, gloves, elbow pads and shin pads.

**TYPICAL SCHEDULE**

- 9:00 a.m. ....Arrival
- 9:15 a.m. ....Warm-up, Individual Skills
- 10:00 a.m. ....Lecture and Drills
- 12:00 p.m. ....Lunch
- 12:30 p.m. ....Discussion
- 1:15 p.m. ....Team Competition
- 3:00 p.m. ....Parent Pick-Up

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 CUT HERE AND MAIL FORM WITH PAYMENT. RETAIN TOP PORTION FOR YOUR RECORDS.

## PERSONAL INFORMATION

Name of camper(s) \_\_\_\_\_

Address \_\_\_\_\_

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

Home Phone Number \_\_\_\_\_ Email \_\_\_\_\_

Primary Parent Contact Cell Number \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Emergency Contact Phone Number \_\_\_\_\_

School Currently Attending \_\_\_\_\_ Grade (as of Sept. 2011) \_\_\_\_\_

Age \_\_\_\_\_ Birthdate \_\_\_\_\_ Position \_\_\_\_\_

## PAYMENT INFORMATION

**Camp Cost:** \$350 per camper, \$100 for goalies

- Register online at [Summer.holyghostprep.org](http://Summer.holyghostprep.org)
- Check enclosed  
Please make checks payable to **Holy Ghost Prep**

**Total Amount Enclosed \$** \_\_\_\_\_



**Mail payment to:**  
Holy Ghost Prep  
Ice Hockey Summer Camp  
2429 Bristol Pike  
Bensalem, PA 19020

INDIVIDUAL INSTRUCTION \* TEAMWORK \* SKATING \* SPORTSMANSHIP

POSITION RESPONSIBILITIES \* SKATING \* TEAMWORK \* SPORTSMANSHIP