



Minnesota Legacy Hockey is Proud to sponsor a High School Girls Prep and Prospect Program. This is a highly structured skill developmental program that focuses solely on enhancing the individual skills of the athlete through intense training methods that improve the biomechanical and physiological systems necessary for efficient sport movement. There are no games or tournaments. By introducing the athlete to a program that is structured around the physiological changes that must occur at the cellular level to build technically correct muscle memory, the athlete will improve their ability to perform game skills at top speed and greater efficiency.

The Program consists of 60 hours of training, instructed by a staff of highly skilled and experienced coaches and devoted entirely to individual skill development. The program will focus on skating, stick handling and puck handling. Passing support drills will be included to reinforce learning. Each session is highly organized and is run at a high tempo and rate of speed.

Program Format:

Girls Prep Program: All Metro Area High School Varsity & JV Athletes

Prospects Program: Girls entering HS Hockey

Program: 60 hours of training beginning in April and ending in August with summer break from mid June to mid July.

Program Cost: \$650

-\$250 deposit due with registration

-\$200 payment due on May 15

-\$200 payment due on June 15

To register, click on the online registration link below or complete the form below and mail it with check payable to:

Minnesota Legacy Hockey

372 Arrowhead Drive

Lino Lakes, MN 55014

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(651) 230-4815

info@minnesotalegacyhockey.com | <http://www.minnesotalegacyhockey.com>



Player Name: _____ D.O.B. ___/___/___

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Email Address: _____

Parent(s) Name: _____

Current Team and Level: _____

Program Name :(Prep or Prospects) _____

Signature: _____ Date: _____

Payment Plan (\$650) (online registration\Payments available):

\$250 due with **registration**

\$200 due **May 15**

\$200 due **June 15**

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RELEASE, INDEMNIFICATION AND HOLD HARMLESS AGREEMENT In Consideration of Participating in Minnesota Legacy Hockey, and for other good and valuable consideration, I hereby agree to release and discharge from Liability arising from negligence Minnesota Legacy Hockey and its owners, directors, Officers, employees, agents, volunteers, participants, and all other persons or entities acting for them (hereinafter collectively referred to as "Releasees"), on behalf of myself and my children, parents, heirs, assigns, personal representative and estate, and also agree to the follows:

- 1. I acknowledge that Minnesota Legacy Hockey involves known and unanticipated risks which could result in physical or emotional injury, paralysis or permanent disability, death, and property damage. Risks include, but are not limited to, Minnesota Legacy Hockey; medical conditions resulting from physical activity; and damaged clothing or other property. I understand such risks simply cannot be eliminated, despite the use of safety equipment, without jeopardizing the essential qualities of the activity.
- 2. I expressly accept and assume all of the risks inherent in this activity or that might have been cause by the negligence of the releases. My participation in this activity is purely voluntary and I elect to participate despite the risks. In addition, at any time I believe that event conditions are unsafe or that I am unable to participate due to physical or medical conditions, then I will immediately discontinue participation
- 3. I hereby voluntarily release, forever discharge. And agree to indemnify and hold harmless Releasees from any and all claims, demands, or causes of actions which are in any way connected with my participation in this activity, or my use of their equipment or facilities, arising from negligence. This release does not apply to claims arising from intentional conduct. Should Releasees or anyone acting on their behalf be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.
- 4. I represent that I have adequate insurance to cover any injury or damage I may suffer or causewhile participating in this activity, or else I agree to bear the costs of such injury or damage myself. I further represent that I have no medical or physical condition which could interfere with my safety in this activity, or else I am willing to assume and bear the costs of all risks that may be created, directly or indirectly, by any such condition.
- 5. In the event that I file a lawsuit, I agree to do solely in the state where Releasees' Facility is located, and I further agree that the substantive law of that state shall apply.
- 6. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect.

By signing this document, I agree that if I am hurt or my property is damaged during my participation in this activity, then I may be found by a court of law to have waived my right to maintain a lawsuit against the parties being released on the basis of any claim for negligence. I have had sufficient time to read this entire document and, Should I choose to do so, consult with legal counsel prior to signing. Also, I understand that this activity might not be made available to me or that the cost to engage in this activity would be significantly greater if I were to choose not to sign this release, and agree that the opportunity to participate at the stated cost in return for the execution of this release is a reasonable bargain. **I have read and understand this document and I agree to be found by its terms.**

Signature _____ Print Name _____
Address _____ City _____ State _____ Zip _____
Telephone (_____) _____ Date _____

PARENT OR GUARDIAN ADDITIONAL AGREEMENT (Must be completed for participants under the age of 18) In consideration of _____ (PRINT minor's name) being permitted in this activity, I further agree to indemnify and hold harmless Releasees from any claims alleging negligence which are brought by or on my behalf of minor or are in any way connected with such participation by minor.

Parent or Guardian _____ Print Name _____ Date _____
(If notarization is necessary, please sign and stamp this side of form)

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