

# Give an Early Stocking Stuffer for Hockey Players to Train Skills and Reduce the Chance of Concussions

## CPN Sessions

Head and body injuries are a real concern in hockey today—at all levels. But players can learn to play safer, and at the same time, become more-skilled and function with what Dan Selin calls high-level Hockey IQ.



Dan Selin, master skater, stickhandler, and author of hockey's Concussion Preventative NeuroTraining Program (CPN), redefines how players should train on-ice to become faster skaters, faster stickhandlers, more accurate shooters and passers, and safer players—protecting themselves and other players from injury. This first and only science-based skill-development training program for hockey players trains three main neuromuscular body movements focusing on skating, stick skills, and vision. CPN develops the player into the fastest they can be, as well, maximizes read-and-react skills, anticipatory skills (reaction time), and agility skills (for quickness). The key to Dan's plan is there is a 'Correction Process' built into each player's skill development.

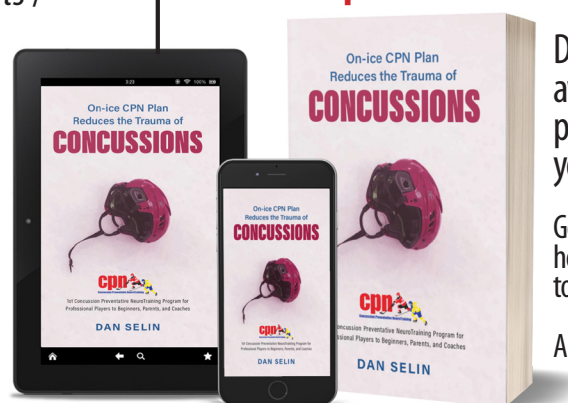
"Every parent and player has full access to the CPN skill-development plan. It should be noted that CPN is not a drill-based plan that requires a hockey board for choreographed robotic player movements. Skills training does not use a hockey board. Skills training trains a player's on-ice skills so that the player knows how to react immediately—not fall back on a routine drill that has nothing to do with game play" stresses Selin.

### • 80 skating skill patterns

*4 linear / 6 forward stops / 7 backward stops / 8 lateral strides / 15 forward 'C'-cuts / 7 backward 'C'-cuts / 4 forward crossovers / 2 backward crossovers / 3 forward starts / 8 backward starts / 8 pivots / 4 360-degree turns / 4 anchors*

Together with Dan's teaching of Head-up/Chin-up skating technique, players are trained in approximately 700 different individual skill movements to master the game's one-on-one, one-on-two, and one-on-three skill battles. **Training makes the player. Training scientifically makes safer and more-skilled players.**

- 37 stickhandling skill patterns
- 9 passing skill patterns
- 9 shooting skill patterns
- 5 head positions



Dan's book is available in print or on your device

Go to: [hockeycpn.com](http://hockeycpn.com) to order

A GREAT GIFT!

**See page 2 for CPN December Sessions and CPN After Christmas Hockey School**

**Take part in December CPN Sessions, after Christmas Hockey School, or both!**

## December on-ice CPN Sessions

<b>Tyke/Novice</b>	<b>4 Sessions</b>	<b>Pete Palangio Arena</b>	<b>Time</b>
\$210.00	Wednesdays	December 2, 9, 16, 23	4:00 - 5:30 pm
<b>PeeWee/Atom</b>	<b>3 Sessions</b>	<b>Pete Palangio Arena</b>	<b>Time</b>
\$160.00	Mondays	December 7, 14, 21	4:00 - 5:30 pm
<b>Bantam/Midget</b>	<b>4 Sessions</b>	<b>Memorial Gardens</b>	<b>Time</b>
\$210.00	Thursdays	December 3, 10, 17, 24*	7:00 - 8:30 am

\*NOTE: December 24 at Pete Palangio Arena

To register: email: [concussionshurt@gmail.com](mailto:concussionshurt@gmail.com), call 705 471 6604, visit [www.hockeycpn.com](http://www.hockeycpn.com), or print forms from pages 3 & 4

## After Christmas Hockey School

<b>Tyke/Novice</b>	<b>3 Sessions</b>	<b>Pete Palangio Arena</b>
\$160.00	December 28, 29, 30	9:15 - 10:45 am
<b>PeeWee/Atom</b>	<b>3 Sessions</b>	<b>Pete Palangio Arena</b>
\$160.00	December 28, 29, 30	11:00 am - 12:30 pm
<b>Bantam/Midget</b>	<b>3 Sessions</b>	<b>Pete Palangio Arena</b>
\$160.00	December 28, 29, 30	12:45 - 2:15 pm



***Let's Keep Christ in Christmas***

# Register today for December Hockey Skills Sessions

## Tyke/Novice 4 Sessions Pete Palangio Arena Time

\$210.00 Wednesdays December 2, 9, 16, 23 4:00 - 5:30 pm

## PeeWee/Atom 3 Sessions Pete Palangio Arena Time

\$160.00 Mondays December 7, 14, 22 4:00 - 5:30 pm

## Bantam/Midget 4 Sessions Memorial Gardens Time

\$210.00 Thursdays December 3, 10, 17, 24\* 7:00 - 8:30 am

\*NOTE: December 24 at Pete Palangio Arena

To register: (e-mail) [concussionshurt@gmail.com](mailto:concussionshurt@gmail.com), call 705 471 6604, or visit [www.hockeycpn.com](http://www.hockeycpn.com)

# Registration Form: *December Sessions*

Please **PRINT CLEARLY** and ensure contact information is **CORRECT**.  
**Email will be the only method used to communicate with participants.**

**Discount of 10%** available for 2nd child registered from the same family.  
 Complete the 2nd Child section (below) only if this participant is the second child registering from the same family.

**1st child** (full price)

Registration paid by:  cheque  
 cash  
 e-transfer

**2nd child** (10% off full price)

Registration paid by:  cheque  
 cash  
 e-transfer

Name..... Age .....

Name..... Age .....

Telephone: (705) .....

Telephone: (705) .....

Email: .....

Email: .....

Check the box next to the session you are registering for:

- Tyke/Novice \$210 Amount paid
- PeeWee /Atom \$160
- Bantam/Midget \$210 \$.....

Check the box next to the session you are registering for:

- Tyke/Novice \$189 Amount paid
- PeeWee /Atom \$144
- Bantam/Midget \$189 \$.....

**Payment Options if not paying in person. Receipts will be issued for each payment option.**

**E-transfer:** [concussionshurt@gmail.com](mailto:concussionshurt@gmail.com) **Subject line:** November Sessions Print and complete this Registration Form, take a photo, and email to [concussionshurt@gmail.com](mailto:concussionshurt@gmail.com)

**Cheque:** Print and complete this registration form. Deliver in person or mail form and cheque to: 1134 -10 Premier Road, North Bay, ON P1A 2J4 DO NOT SEND CASH IN THE MAIL

### Liability Waiver for 2020 December Sessions

As Parent/Guardian for the above listed participant(s), I hereby release Daniel Selin, the instructors, and all staff from any possible claims, liabilities, obligations, or responsibilities arising from any and all accidents, injuries, or loss of equipment, whether incurred on-ice or off-ice, hockey-related or not, while participating in CPN Hockey School. I further certify that the participant(s) is in good health and capable of participating in physical activities of a vigorous athletic agenda.



Parent / Guardian (print name) :  
 .....

Tel (705) ..... Date .....

Signature: .....

Email address: .....

# Register today for After Christmas 3-Day Hockey School

<b>Tyke/Novice</b>	<b>3 Sessions</b>	<b>Pete Palangio Arena</b>	<b>Time</b>
	\$160.00	December 28, 29, 30	9:15 - 10:45 am
<b>PeeWee/Atom</b>	<b>3 Sessions</b>	<b>Pete Palangio Arena</b>	<b>Time</b>
	\$160.00	December 28, 29, 30	11:00 am - 12:30 pm
<b>Bantam/Midget</b>	<b>3 Sessions</b>	<b>Pete Palangio Arena</b>	<b>Time</b>
	\$160.00	December 28, 29, 30	12:45 - 2:15 pm

To register: (e-mail) [concussionshurt@gmail.com](mailto:concussionshurt@gmail.com), call 705 471 6604, or visit [www.hockeycpn.com](http://www.hockeycpn.com)

## Registration Form: 3-Day Hockey School

Please **PRINT CLEARLY** and ensure contact information is **CORRECT**.  
**Email will be the only method used to communicate with participants.**

**Discount of 10%** available for 2nd child registered from the same family.  
 Complete the 2nd Child section (below) only if this participant is the second child registering from the same family.

**1st child** (full price)      Registration paid by:  cheque  
 cash  
 e-transfer

**2nd child** (10% off full price)      Registration paid by:  cheque  
 cash  
 e-transfer

Name..... Age .....

Name..... Age .....

Telephone: (705) .....

Telephone: (705) .....

Email: .....

Email: .....

Check the box next to the session you are registering for:

- Tyke/Novice**      \$160      **Amount paid**
- PeeWee /Atom**      \$160
- Bantam/Midget**      \$160      \$.....

Check the box next to the session you are registering for:

- Tyke/Novice**      \$144      **Amount paid**
- PeeWee /Atom**      \$144
- Bantam/Midget**      \$144      \$.....

**Payment Options if not paying in person. Receipts will be issued for each payment option.**

**E-transfer:** [concussionshurt@gmail.com](mailto:concussionshurt@gmail.com)    **Subject line:** November Sessions    Print and complete this Registration Form, take a photo, and email to [concussionshurt@gmail.com](mailto:concussionshurt@gmail.com)

**Cheque:** Print and complete this registration form. Deliver in person or mail form and cheque to: 1134 -10 Premier Road, North Bay, ON P1A 2J4    **DO NOT SEND CASH IN THE MAIL**

### Liability Waiver for After Christmas 3-Day Hockey School

As Parent/Guardian for the above listed participant(s), I hereby release Daniel Selin, the instructors, and all staff from any possible claims, liabilities, obligations, or responsibilities arising from any and all accidents, injuries, or loss of equipment, whether incurred on-ice or off-ice, hockey-related or not, while participating in CPN Hockey School. I further certify that the participant(s) is in good health and capable of participating in physical activities of a vigorous athletic agenda.



Parent / Guardian (print name):

Tel (705) ..... Date .....

Signature: .....

Email address: .....