

Revised Schedule • Revised Schedule • Revised Schedule

***** Due to COVID-19 extension, schedule and costs for most sessions have been revised *****

Learn to Play Hockey with your Head-up/Chin-up

A Proven Scientific Approach that Trains Players to See the Play, See other Players, and See Less Injuries

Dan Selin, creator of the CPN scientific training program, has 48 years' experience as a hockey and skating instructor, hockey coach (Boys AAA / Girls AA), produced instructional videos, online training sessions, and most recently authored and published the book "On-ice CPN Plan Reduces the Trauma of Concussions". This first-ever on-ice Head-up/Chin-up training program is based on hockey science – enabling players to skate faster, stickhandle quicker, pass more accurately, and shoot harder. The key to a player possessing these attributes is Dan's most recent skill as training Head-up/Chin-up develops a player's Vision Skills, the key to enhanced and safe play.

Additional Instructors:

Maria Dominico (Team Canada try-out),

Dan Desrochers (former Captain of Sudbury Wolves)



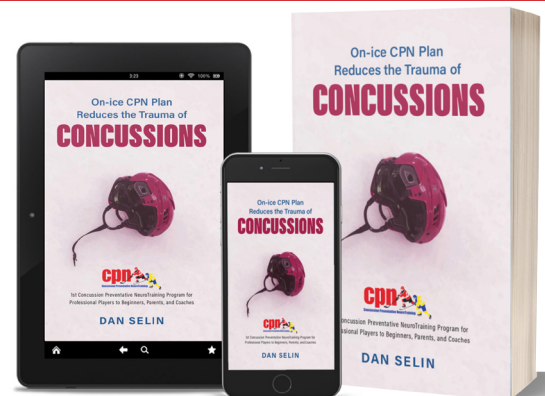
Sign up today for February / March Sessions

90-minute on-ice sessions for all levels: Tyke, Novice, Bantam, Midget, Atom, and PeeWee

Most injuries occur because players look down at the puck. Train CPN and correct your game.

Join us on the ice, or buy the book!

Learn the proven method of playing with your head-up/chin-up. Play safer and better!



The CPN Plan explained: Now available in print or on your device. Go to: hockeycpn.com to order.

Register today for Head-up / Chin-up Training

Tyke / Novice	Sundays		\$260
	February 28	12:15 - 1:45 pm	Memorial Gardens
	March 7, 14, 21, 28	12:15 - 1:45 pm	Memorial Gardens
Bantam/Midget	Sundays		\$260
	February 28	2:00 - 3:30 pm	Memorial Gardens
	March 7, 14, 21, 28	2:00 - 3:30 pm	Memorial Gardens
Atom/PeeWee	Mondays Session 1		\$260
	March 1, 8, 15, 22, 29	4:00 - 5:30 pm	Pete Palangio Arena
Atom/PeeWee	Wednesdays Session 2		\$310
	February 24	4:00 - 5:30 pm	Pete Palangio Arena
	March 3, 10, 17, 24, 31	4:00 - 5:30 pm	Pete Palangio Arena

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

Registration Form:

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

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

Name..... Age

Telephone: (705)

Email:

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

<input type="checkbox"/>	Tyke/Novice	\$260	Amount paid
<input type="checkbox"/>	Bantam/Midget	\$260	
<input type="checkbox"/>	Atom/PeeWee <input type="checkbox"/> #1	\$260	
	Atom/PeeWee <input type="checkbox"/> #2	\$310	\$.....

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.

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

Name..... Age

Telephone: (705)

Email:

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

<input type="checkbox"/>	Tyke/Novice	\$234	Amount paid
<input type="checkbox"/>	Bantam/Midget	\$234	
<input type="checkbox"/>	Atom/PeeWee <input type="checkbox"/> #1	\$234	
	Atom/PeeWee <input type="checkbox"/> #2	\$279	\$.....

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

E-transfer: concussionshurt@gmail.com **Subject line:** Head-up / Chin-up. Print and complete this Registration Form, take a photo, and e-mail to 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

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 (Head-up / Chin-up). 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) :

.....

Signature:

Tel (705) Date

Email address:

