

**SIGN UP ONLINE AT WWW.GRYPHONS.CA
(Gryphonline)**

Or pick up a copy of our Gryphon Camps brochure from the Client Services desk in the W.F. Mitchell Athletic Centre on campus.

Camp Director: Rachel Flanagan – camps@uoguelph.ca

Waiver Form

PARENTAL RELEASE AND INDEMNIFICATION FORM

I as the legal guardian or custodial parent of the Participant who has been registered to participate in the selected Gryphon Camp operated by the University of Guelph (the "University"), hereby acknowledge that certain risks of injury are inherent to participation in recreational activities, sporting activities, lesson/laboratory experiments and transportation to, from and at camp. These types of injuries may be minor or serious and may result from one's actions, or the actions or inactions of others or a combination of both. In return for the University approving the participation of the Camper in this additional activity, I agree to hereby release and forever discharge the University of Guelph, its officers, faculty, staff and agents from all claims for damages, loss and injury, which now or may hereafter be sustained by the Camper arising out of the participation in the camp.

I declare having read and understood the release form in its entirety and hereby agree to be bound by the terms and conditions. Understanding the terms and conditions of this release, I give my consent for the registrant to participate.

EMERGENCY TREATMENT/ INFORMATION FORM

As the legal guardian or custodial parent of the Participant, I hereby give my permission to the University of Guelph, its officers, directors, servants, employees and agents to provide basic first aid or procure medical treatment for the Participant in case of injury or accident or otherwise by a nurse, doctor, hospital or clinic chosen by the University and/or its employees, agents. I agree to be responsible for any and all costs associated with such treatment. Please note that Gryphon Camps will not release a child to a parent or designate that staff reasonably believe are under the influence of alcohol or other intoxicating substances. Staff are instructed to request that the parent/designate take a cab or call another person to come and get them and/or child. If this is not observed by the parent/designate, the Campus Police will be called to enforce this policy.

Pictures are frequently taken throughout the camps and there is a possibility that your child's picture could appear in future brochures. Please inform us, if this is contrary to your wishes.

Mailing Address:

Gryphon Camps
Department of Athletics
University of Guelph
Guelph, ON
N1G 2W1



GUELPH GRYPHONS

Gryphon Women's Hockey Pre-Season Conditioning Camp



August 24th – 28th, 2009



GUELPH GRYPHONS

University of Guelph
Gryphon Centre

University Prep Sample Day Schedule

8:30am-9:30am: *Yoga*

9:30am-9:40am: *Dynamic Warm up*

10:00am-11:20am: *On ice*

11:30am-11:45am: *Cool down*

11:45am-12:30pm: *Lunch/Snack*

12:30pm-2:00pm: *Off ice Conditioning*

2:00pm-2:15pm: *Dynamic Warm up*

2:30pm-3:50pm: *On ice*

4:00pm-4:15pm: *Cool Down*

4:15pm-4:30pm: *Snack*

4:30pm-5:15pm: *Mental Prep/Team Building*



Lead Instructors

Rachel Flanagan –
Head Coach,
*University of Guelph
Gryphons*



Carla D'Angelo –
University of Guelph
(4th Year – A.Captain)
(08/09 OUA 2nd Team)



Chelsey Roy –
University of Guelph
(4th Year)
(Academic All-Canadian)



Dayna Kanis –
University of Guelph
(Masters Student)
(08/09 OUA 2nd Team)
(Marian Hillard Award)



****Athletes must be playing BB level or higher to participate in this camp****

Instructors

Rose Harris – University of Guelph
(2008/2009 Team Captain)

Jessica Zerafa – University of Guelph
(2008/2009 OUA leading Goal Scorer)
(2008/2009 OUA 2nd team All-Star)

Tamara Bell – University of Guelph
(2008/2009 OUA Point Leader (tie)
(2008/2009 OUA Rookie of the Year)
(2008/2009 CIS All-Rookie Team)

“This conditioning camp is designed for elite athletes who are training to play at the University level in the future. The on and off ice conditioning will push the girls to new limits and force them to become stronger both physically and mentally. The program is designed to prepare each athlete for their upcoming season. Several of our current U of G players will be joining the camp to conclude their summer training. Be prepared to be pushed outside your comfort zone!”

Rachel Flanagan
Head Coach – Women's Varsity Hockey

Groups:

Bantam
(12-14 years – BB or higher)

University Prep
(15-21 years – A or AA)

Fee: \$300 per athlete