

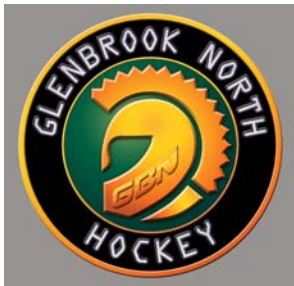
# ***Glenbrook North Hockey - Summer 2008***

***“TRAIN LIKE A CHAMPION”***

## ***2008 Summer Conditioning Program***

This packet contains information on the GBN Hockey 2008 Summer Conditioning Program, including the following:

- Program Summary
- Fees/Payment Instructions
- Contact Information
- Dryland Training Info
- Summer Ice Info
- Registration Form



# ***Glenbrook North Hockey - Summer 2008***

This program is open to any potential 2008-2009 GBN Hockey Player. The cost for the Summer Conditioning Program is **\$360**. This fee includes:

- 11 hours of ice
- 16.5 Hours of Dryland Training
- All equipment and coaches

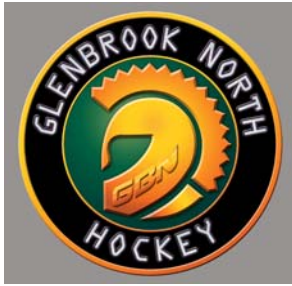
**Payment is due by August 1st, 2008, unless prior arrangements are made with Mark.** Checks should be made payable to Mark Brunner and can be submitted as follows:

- Mailed to:  
Mark Brunner  
P.O. Box 761  
Lake Zurich, IL 60047; or
- Put in Mark's folder in the NBHL Box located at the front desk of the Sports Center Ice Rink

**Please Note:**

- Any pro-rating, including fall athletes, will be done on an individual basis.
- Information on team tryouts will be posted on the GBN Hockey website when available.

*Any questions can be directed to Dave Carroll at 847-452-7934 (or [david.carroll@ascendercorp.com](mailto:david.carroll@ascendercorp.com)) or Mark at 847-726-2646 (or [mbrunner30@sbcglobal.net](mailto:mbrunner30@sbcglobal.net)).*



# ***Glenbrook North Hockey - Summer 2008***

## ***Dryland Training***

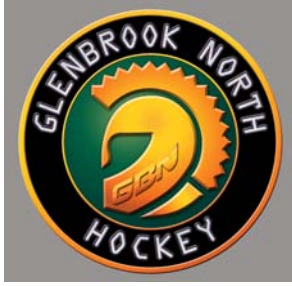
<b><u>DAY</u></b>	<b><u>DATE</u></b>	<b><u>TIME</u></b>
Wednesday	July 23	6:00 – 7:30 PM
Friday	July 25	6:00 – 7:30 PM
Monday	July 28	6:00 – 7:30 PM
Wednesday	July 30	6:00 – 7:30 PM
Monday	August 4	6:00 – 7:30 PM
Wednesday	August 6	6:00 – 7:30 PM
Monday	August 11	6:00 – 7:30 PM
Wednesday	August 13	6:00 – 7:30 PM
Monday	August 18	6:00 – 7:30 PM
Wednesday	August 20	6:00 – 7:30 PM
Monday	August 25	6:00 – 7:30 PM

### **Location:**

- Wood Oaks School on Sanders
- Meet at the bottom of the hill for a **6:00 PM SHARP** start.

### **Supplies:**

- Bring the following: Running shoes, shorts, in-line skates, hockey stick, hockey ball, water and a towel.

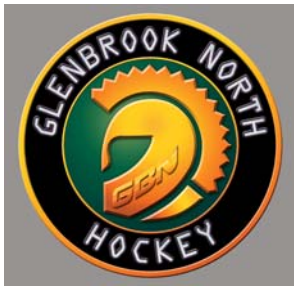


# ***Glenbrook North Hockey - Summer 2008***

## *Summer Ice*

<u><b>DAY</b></u>	<u><b>DATE</b></u>	<u><b>TIME</b></u>
Tuesday	August 5	8:40 – 9:50 PM
Thursday	August 7	8:40 – 9:50 PM
Tuesday	August 12	8:40 – 9:50 PM
Thursday	August 14	8:40 – 9:50 PM
Tuesday	August 19	8:40 – 9:50 PM
Thursday	August 21	8:40 – 9:50 PM
Tuesday	August 26	8:40 – 10:00 PM
Wednesday	August 27	8:40 – 10:00 PM
Thursday	August 28	8:40 – 10:00 PM

**Note:** Please bring a light and dark jersey (or a reversible jersey) to all sessions.



# **Glenbrook North Hockey - Summer 2008**

## **2008 Summer Conditioning Program Registration Form**

Name:

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Address:

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Participant Signature:

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Parent Signature:

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Phone:

Date:

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*By signing this form, the participant and his/her family, consent to be bound by the rules and regulations of the Northbrook Hockey League and agree that the Northbrook Hockey League, its coaches, instructors and organizers will not be held responsible for any accident or loss however caused and agree to release the Northbrook Hockey League, its coaches, instructors and organizers from any and all claims or damages which may arise as a result of or reason of such accident, injury or loss.*

Please complete and leave this form, along with your **\$360 check payable to Mark Brunner**, in Mark's folder in the NBHL Box located at the front desk of the Sports Center Ice Rink. Or mail it to: Mark Brunner, P.O. Box 761, Lake Zurich, IL 60047.

[www.glenbrooknorthhockey.org](http://www.glenbrooknorthhockey.org)