



Nepean Raiders Jr. "A" Hockey Club
CJHL Regular Season Championship 2008-2009

The Nepean Raiders Jr. A Hockey Club will be holding a conditioning camp Friday Aug 07 to Sunday Aug. 09 2009. The camp will provide players with an opportunity to get ready for the up-coming hockey season. All players will be able to attend the camp as it is a conditioning camp. Players from the 1994 age group to the 1990 age group will be at the camp. Every year, non-drafted players from the conditioning camp are also invited to the Raider's training camp. The camp will be scouted by the Raiders staff as well as many area Jr. B teams.

The camp will have four teams consisting of a maximum of 3 goaltenders, 7 defensemen and 12 forwards per team. Each player will participate in 4 on ice sessions, two hours per session.

Generally, teams will play Friday from 7:00 to 8:30pm or 8:30 to 10:00pm. On Saturday the teams will play from 8:00 to 10:00am or 10:00 to 12:00pm and 2:00 to 4:00pm or 4:00 to 6:00pm. On Sunday the teams will play from 10:00 to 12:00pm or 12:00 to 2:00pm. The Raiders will also provide two referees for each game and a coach for each team.

The Nepean Raiders training staff will provide assistance to all players at the conditioning camp. Players will have the use of a hockey jersey and water bottles during the conditioning camp.

The cost for the camp is \$200.00. Cheques are to be made out to the Nepean Raiders Jr. A Hockey Club. Cheques must be received prior to the start of the camp. Mail to: PO Box 5695, Merivale Depot, Ottawa, Ontario, K2C 3M1. As well, this camp fills up quickly, please email your intention to participate in order to hold your spot, to rwatt5316@rogers.com.

Liability Waiver/ Application Form

The applicant will not hold the owners and staff of Nepean Raiders Jr. A Hockey Club, Liable/responsible for damages, loss or injury which may occur and hereby release the Nepean Raiders Jr. A Hockey Club, from any action which may occur while attending the Nepean Raiders Jr. A Hockey Club Conditioning Camp. This release covers traveling to and from the arena as well as any all activities on and off the ice.

Name: _____ D.O.B. _____

Signature: _____ Date: _____

Phone #H _____ Cell _____

Address _____

Position _____ Team08/09 _____