

# Bruins FUNdamentals - Navin Arena

## REGISTER BY MAIL, AT THE ARENA, OR ONLINE

Save \$10 by registering online

Skater's Full Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Has your child previously participated in an introductory skating/hockey program? Yes No

If yes, please specify date and program \_\_\_\_\_

Session I am registering for: **Spring II**  **Summer**   
 (4/30-6/18) (6/25-8/13)

I am registering for: (Please use codes and refer to the inside page for package details)

Package #1 (code) \_\_\_\_\_, Package #2 (code) \_\_\_\_\_ & (code) \_\_\_\_\_

CLASS	SESSION	DAY	DATES	TIMES	WEEKS	COST	CODE
Level 1	Spring II	Monday	4/30-6/18	5:30-6:20p	8 weeks	\$149	11-BEG-FUN-501
	Summer	Monday	6/25-8/13	5:30-6:20p	8 weeks	\$149	11-BEG-FUN-601
Level 2	Spring II	Monday	4/30-6/18	5:30-6:20p	8 weeks	\$149	11-BEG-FUN-502
	Summer	Monday	6/25-8/13	5:30-6:20p	8 weeks	\$149	11-BEG-FUN-602
Level 3	Spring II	Monday	4/30-6/18	5:30-6:20p	8 weeks	\$149	11-BEG-FUN-503
	Summer	Monday	6/25-8/13	5:30-6:20p	8 weeks	\$149	11-BEG-FUN-603
Level 4; Late Starters	Spring II	Monday	4/30-6/18	5:30-6:20p	8 weeks	\$149	11-BEG-FUN-504
	Summer	Monday	6/25-8/13	5:30-6:20p	8 weeks	\$149	11-BEG-FUN-604

### How did you hear about us?

Referred by Coach  Newspaper  FMC Website  Boston Bruins  At the Rink

E-mail Notice  Word-of-mouth  Mailing  Facebook  Other \_\_\_\_\_

WAIVER AND RELEASE: I, the undersigned, do hereby acknowledge that in consideration of my child participating in any way in Bruins FUNdamentals classes may be exposed to risk of injury that is inherent in ice skating programs. I hereby acknowledge that Facility Management Corporation, FMC Ice Sports staff and the Boston Bruins Professional Hockey Club are not responsible for any damage or injuries that result from my child's participation in this program. I grant to FMC Ice Sports, its representatives and employees the right to take photographs of my child in connection with the above-identified ice sports program. I agree that FMC Ice Sports may use such photographs for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and Web content.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

To register by mail, complete the registration form and mail it with payment (check or money order) to the address below.

To register at the arena, bring the completed registration form and payment to your local arena.

To register online, go to [www.fmcicesports.com](http://www.fmcicesports.com)

FMC Ice Sports 100 Schoosett St., Building #3 Pembroke, MA 02359

2012  
Spring II / Summer

## Step 2 Introduction to Ice Sports



# FUNdamentals



Presented by: at&t

Save \$10,  
Register  
online



## Navin Arena

451 Bolton Street, Marlboro, MA 01752

1-888-74-SKATE (Toll Free) 508-624-5580 (Arena)

[www.fmcicesports.com](http://www.fmcicesports.com)



## Requirements

Skaters should have passed Learn to Skate in **Step 1: Beginners**. To ensure skaters are familiar with skating in hockey skates/equipment, it is suggested to enroll them in **Step 2: Introduction to Ice Sports - Pre Hockey**. Participants should be able to fully function by themselves on the ice in hockey skates and pads, fall down and get up on their own, push off with both feet, take a full stride and have some stopping and backward skating ability before getting into **FUNDamentals**. If you're not sure if your child is ready for Bruins **FUNDamentals**, be sure to talk to your Learn to Skate instructor, your local **FUNDamentals** coach or call the FMC Ice Sports hockey department at 1-888-74-SKATE.



4 - 8  
Years

Level 1

Level 2

Level 3

9 - 12  
Years

Level 4;  
Late Starters

### Level 1

This class is designed for participants just out of a Learn to Skate and/or Pre Hockey program. We will take them from their first hockey experience to a point where they can begin learning **FUNDamental** hockey-specific skills. While players are on the ice in full equipment, the primary focus will be on further developing and strengthening their skating skills in a fun atmosphere.

**Key Objectives:** Introduce proper stance • Improve balance and agility  
Enhance starting, stopping, gliding and striding skills • Forward, backward and lateral skating/movement • Introduce basic puck handling

### Level 2

In this class, participants will begin learning key hockey-specific skills that are needed before game play is introduced. Players will further develop their skating ability, as puck control, shooting and passing are introduced at this level.

**Key Objectives:** Teach forehand and backhand passing • Introduce edge control, cross-overs and pivoting  
Teach forward and backward hockey starts and stops • Develop skating and puck carrying skills  
Introduce basic shooting and scoring

### Level 3

Once a skater has developed a strong skating base and learned the basic skills needed to participate in the sport of hockey, it is time to introduce them to the game. Level 3 is geared towards teaching the basic knowledge and rules of hockey, along with developing teamwork; important skills needed to enter into an organized hockey program.

**Key Objectives:** Introduce basic positioning • Develop a fundamental understanding of the rules  
Learn basic teamwork and strategy • Understanding offensive and defensive concepts • Exposure to the various positions on the ice

### Level 4: Late Starters

This program is specifically targeted for skaters aged 9-12 who are new to the sport of ice hockey. Participants will go through the progression of skill development in a program that is tailored to their abilities in a group setting. Skills that will be addressed are puck handling, passing and shooting, as well as the strengthening of skating ability. This program can be taken for multiple consecutive sessions in order to get a player prepared to enter organized youth hockey.

## Package Deals

### Package One



Jersey  
\$20 Value

Register for one course and receive a FREE Bruins **FUNDamentals** Jersey

### Package Two



Jersey & Stick  
\$35 Value

Register for **two** courses and receive a FREE Bruins **FUNDamentals** Jersey and a FREE Bruins Hockey Stick.

Save \$10,  
Register  
online

## Whats Next

### Bruins **FUNDamentals** Cross-Ice Hockey

The next step in becoming a future Bruin! Cross-Ice Hockey is designed to integrate the skills learned in Bruins **FUNDamentals** and apply them in real game situations designed for beginners. The smaller playing area will help develop their level of creativity, skills and increase the number of puck touches for each participant as well as establishing a positive environment for kids to play hockey. Check our website for locations and dates offered.



## Pure Hockey Special

1-877-8SKATES

Pure Hockey

www.purehockey.com

### STARTER PACKAGE



Bruins **FUNDamentals** participants can take advantage of a special offer from Pure Hockey! Purchase a starter package for only \$159 (\$239 value) that includes all your gear, hockey stick and skates. Packages are available at all Pure Hockey locations and available online at [www.purehockey.com](http://www.purehockey.com)

\*Shipping not included. While supplies last. Some restrictions may apply. Offered through Pure Hockey.