



# HCHA 2008 Fall Warm-Ups



## Goalies

Highland Central Hockey Association 2008 Fall warm-ups.

### Warm-up Features:

- 2 hours on-ice sessions led by HCHA Goalie Development Director Jason Moen with a host of volunteer parent coaches.
- Crease techniques
- Blocking and movement drills.
- **Cost: \$ 30**

Schedule: All Sessions at Saint Paul Academy (SPA)

- Group1, SAT SEP20 12:15pm Squirt, U10, U12
- SAT SEP27 2:45pm Squirt, U10, U12
- Group2, SAT SEP20 1:15pm Peewee, Bantam, U14
- SAT SEP27 3:45pm Peewee, Bantam, U14

**By August 29<sup>th</sup>, 2008**

(detach here)

**Mail registration and Check to:**

HCHA Fall Warm-ups  
 % Goalies  
 P.O. Box 16382  
 Saint Paul, MN 55116

Player Name: \_\_\_\_\_

Birth Date: MO \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_ Age \_\_\_\_\_

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

Amount: \$30

TEL: (eve) \_\_\_\_\_ (cell) \_\_\_\_\_

Check No. \_\_\_\_\_

email: \_\_\_\_\_

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