



A NEW BREED OF HOCKEY!

NORTHERN VIRGINIA ICE DOGS

2003 YOUTH SPRING HOCKEY PROGRAM

Saturdays and Sundays, April 4 through late June

Join the **BEST**

- Different Programs for Different Levels:
 - Cross-Ice for Mites (5-8); *Fun and Highly Developmental!*
 - 3 on 3 Full Ice and some surprises for Squirrels(9-10), Pee Wees (11-12) and Bantams (13-14);
Internationally used, high intensity training technique for advanced development and conditioning!
 - 5 on 5 & 3 on 3 Full Ice for Midgets/High School (15-18);
Register your whole team and develop as a unit!
- 3 on 3 games include 40 minute, non-stop games, **PLUS** 15 min. skills before or after every game!
- Power Skating and Special Skills with Coach Hersh
- Mite Cross-Ice also includes Power Skating & Skills
- Saturday and Sunday morning and afternoon ice times.
- Events held at Mount Vernon and Fairfax Ice Arena Rinks.
- Ice time includes games, power skating & special skills.
- Full equipment is required.

To Register:

- Complete Registration Form.
- Enclose check for \$360 payable to: NVHC
- Mail to: NVHC
PO Box 150215
Alexandria VA 22315
- Registration forms must be received by March 28, 2003
- All Fees are non-refundable
- Questions? Call Head Coach Hersh at 703-303-8964
- Also check out our web site at www.nova-icedogs.com

REGISTER EARLY – SPACE IS LIMITED

