



ANEMBREDOFFHOCKEY!

NORTHERN VIRGINIA ICE DOGS

2004 YOUTH SPRING HOCKEY PROGRAM

Saturdays and Sundays, May through June

~~Join the BEST Spring Hockey Program in Baltimore/Washington~~

- Different Programs for Different Levels:
 - Cross-Ice for Mites (5-8); ***Fun and Highly Developmental!***
 - 3 on 3 Cross Ice for Squirts(9-10), Pee Wees (11-12) and Bantams (13-14);
Internationally used, high intensity training technique for advanced development and conditioning!
 - 5 on 5 Full Ice for Midgets/High School (15-18);
Register your whole team and develop as a unit!
- Power Skating and Special Skills with
- Mite Cross-Ice also includes Power Skating & Skills
- Saturday and Sunday morning and afternoon ice times.
- Events held at Mount Vernon, Tucker Road, and Ft Dupont
- Ice time includes games, power skating & special skills.
- Full equipment is required.

To Register:

- Complete Registration Form.
- Enclose check for \$150 (Mites/Squirts) or \$250 for all others payable to: NVHC
- Mail to: NVHC
PO Box 150215
Alexandria VA 22315
- Registration forms must be received by April 15th, 2004
- All Fees are non-refundable
- Questions? Call ??????
- Also check out our web site at www.nova-icedogs.com

REGISTER EARLY – SPACE IS LIMITED

