

Sport International Hockey Academy

"Always Working Hard & Having Fun"



RUSSIAN TRAINING
The key to becoming a well rounded hockey player is off-ice conditioning. We will teach all students the importance of preparing themselves physically through our "Russian Training" program. All drills are specifically designed to strengthen hockey muscles, improve stickhandling skills and introduce plyometric & isometric exercises to each student, daily.

Sport International Hockey Academy

"Highly Energized & Fast-Paced, Instructional On-Ice Program"

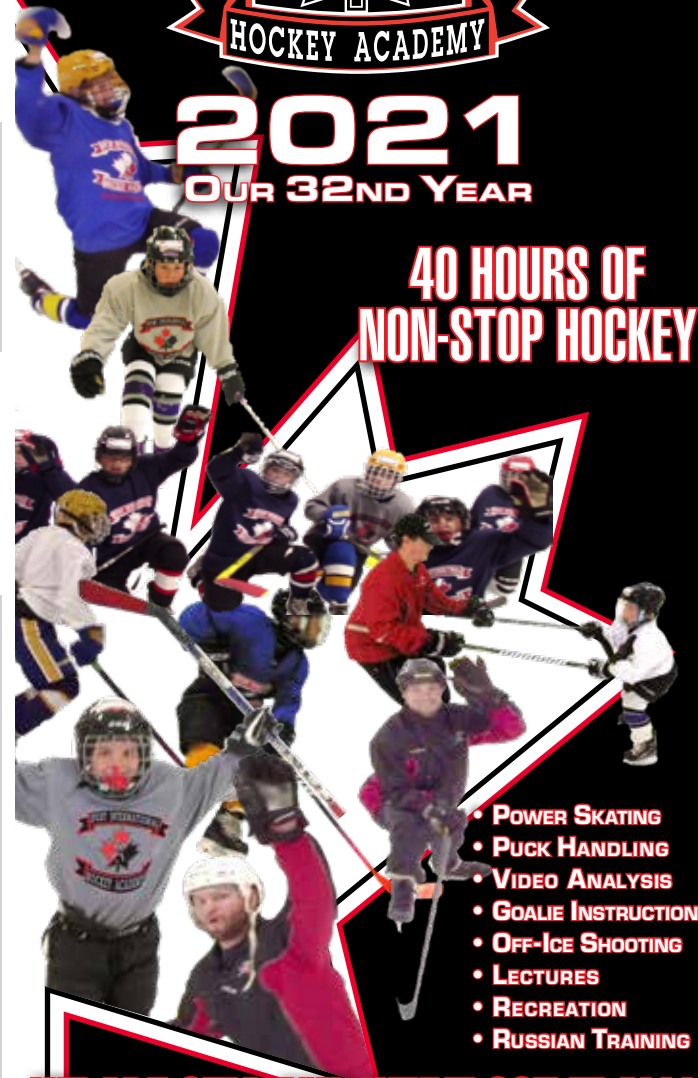


POWER SKATING
SIHA will be conducting a ninety minute, highly intense power skating program each day. Every player will be constantly motivated in the following skill categories: Forward Stride, Backwards Skating, Stops & Starts & Tight Turns. Shooting and Puckhandling will also be incorporated into our power skating program. Our main instructional goal will be to increase each student's balance, edge control, posture and confidence.



2021
OUR 32ND YEAR

40 HOURS OF NON-STOP HOCKEY



- POWER SKATING
- PUCK HANDLING
- VIDEO ANALYSIS
- GOALIE INSTRUCTION
- OFF-ICE SHOOTING
- LECTURES
- RECREATION
- RUSSIAN TRAINING

WE ARE SIHA AND WE'VE GOT IT ALL!

Official SIHA Hotel Sponsor: Comfort Inn by Choice Hotels



Register online: **SIHA.COM**

1.800.724.6658

f "Like Us" on Facebook:

www.facebook.com/SportInternationalHockeyAcademy

OFF-ICE SHOOTING

Each student will experience our SIHA Shooting Gallery, on a daily basis. Our expert staff will instruct the fundamental skills associated to the following shots: wrist, backhand, snap & slap shots. All shots will be executed through a wide variety of targets, for increased accuracy. We will also be filming and analyzing each student's shot, through the use of iPad technology.



RECREATION

All students will have a chance to switch gears each day, with fun hockey specific recreational games. Our staff likes to play with the kids, for added competition. "All hard work, must be rewarded with fun."

BOX HOCKEY

SIHA offers a box hockey session to all students, which is a great way to build stickhandling skills and a fun group competition. Box hockey is also an upper body development exercise.



LECTURES

SIHA offers daily lectures including; rules discussion, positional play, sportsmanship, off-ice training, and game-tape analysis. All lectures are conducted through the use of our computer and projector for stronger emphasis.

PYLON CUP GAME

Sport International offers our very popular "Pylon Cup Game" at the end of each camp, showcasing each player's new talents from a week of hard work. Our Pylon Cup Game is a 29 year tradition, featuring an SIHA Referee, scoreboard & upbeat music. We invite family & friends to enjoy the Pylon Cup Game, and to be in attendance for Closing Ceremonies.



PUCKHANDLING & SHOOTING

SIHA will run a very fast moving, European style puckhandling session each day. All drills are creatively designed to increase foot speed, stick quickness and shooting accuracy. Areas of concentration will include: passing, shooting, 1 on 1's, 2 on 1's and checking drills. Scrimmages offered, if students work hard throughout their daily events.



GOALIE ACADEMY

Our goaltending instruction is considered to be one of the most well balanced programs in the country. Each goalie will receive daily goaltending instruction in the following skill areas; stance & angles, glove saves, pad saves & break-away saves. All goalies will also be tested in a series of standardized drills, giving them a national average to reflect their overall skill level.

PROFESSIONAL DIGITAL VIDEO ANALYSIS

Sport International is recognized as the North American leader, regarding our individualized video analysis technique. SIHA's computerized motion analysis is performed with each student



PRO STUDENT

on a daily basis. Our video analysis will include the following techniques; Professional Drill Demonstration by NHL Players, Telestrator and Audio Analysis of 4 Different Skills (players & goalies). Each player will see their skill side by side with our demo pro, through the use of our computerized split screen technique. Our entire video analysis process and pro video drills will be recorded to MP4 computer transferable files. The cost for your video on a Flash Drive analysis will be \$20.00. Our SIHA Goalie program offers daily video analysis, utilizing cut-out comparisons, pro split screens, spotlight isolation, audio analysis, and X-Ray cut-out techniques, for all goaltenders (\$20.00 Flash Drive). Our expert Goalie Instructors will conduct a daily video analysis session with each goalie to further



develop the following skills: Stance, Angles & Movement, The Pad Save, The Glove Save, & The Break Away Save. Our SIHA Goaltending instruction is considered to be the most well rounded program in the country.

SIHA Video Analysis

"Clearly Our Best Guarantee For A Quality Hockey Education."

LUNCH PROGRAM

SIHA understands the importance of a quality lunch program. Each student will have the opportunity to sign-up for our famous SIHA lunch menu including:

LUNCH MENU

- Mon:** Pizza, Chips, Dessert & Juice
- Tues:** "Uncle Bob's Famous Cook-Out" featuring Mouth Watering Cheeseburgers, Hot Dogs, Snacks, Salad & Juice
- Wed:** Sub Sandwich (Ham or Turkey) Chips, Dessert & Juice

- Thurs:** "Uncle Bob's Power Play Picnic" featuring Breaded Chicken Patties on a Bun, Chips, Salad & Juice
- Fri:** Pizza, Chips, Dessert & Juice

***We will offer a fruit bowl each day with lunch (apples, bananas, & fruit cups)**

Lunch Program Pricing:
Youth meal: (single serving) \$40.00

Big Kid Meal: (2nd serving of main course daily) \$50.00
To register for our Lunch Program, you may sign-up on our accompanied application page. Please indicate either "Youth Meal" or "Big Kid Meal".

***NOTE: Rockville, Fairport, and Rochester Students only** will incur an additional \$10.00 catering charge for their lunch program.

Sport International Registration Policies & General Information

Registrations

Mail your application (50% deposit) to:
S.I.H.A., 3896 Dewey Avenue, #212, Rochester, NY 14616
Or fax (with credit card information) to (585)865-1802

Registration Policy

Applications should be received by our Head Office in Rochester, NY, 15 days prior to the player's scheduled location. Any further questions may be directed to our head office at 1-800-724-6058.

Confirmation Letter

Once your application has been received by our New York Head Office, a confirmation letter will be returned to you within seven business days. If you apply online at www.siha.com, your receipt and confirmation letter will be sent to you immediately via e-mail. Please note: each player will be responsible for supplying their own equipment.

Cancellation Policy

The Sport International Hockey Academy reserves the right to withhold all tuition monies in the event of a cancellation prior to the players scheduled week. Should the cancellation be due to a doctor approved medical reason, the student would then be entitled to a credit toward any future Sport International summer or winter program. In the extreme situations, a monetary refund may be chosen, however a \$100.00 administration fee will be deducted from the refund. Refunds will not be considered regarding any issues, within 2 weeks prior to your chosen week (future credit only).

Academy Orientation

All parents and students will be required to meet on the Sunday night prior to the student's specified week at 7:00 PM to meet the staff and to go over the schedule of events. Additional orientation info will be mailed/e-mailed to you upon your registration.

Tuition Includes

SIHA Practice Jersey • Graduation Certificate • Personal Progress Report
And a few surprises . . .

Make Sport International a complete part of your summer experience! Work hard, have fun!
1-800-724-6658

Sport International Typical Day - 40 Hour Program

8:30 am - 9:00 am	Dressing Room	
9:00 am - 10:30 am	On-Ice Power Skating	(Forward Stride, Backward Skating, Stops, Starts, Tight Turns & Checking)
10:45 am - 11:20 am	Individualized Video Analysis (Computerized Motion Analysis)	
11:20 am - Noon	Lunch	
Noon - 12:40 pm	Off-Ice Shooting	(Wrist, Backhand, Snap and Slap Shots)
12:40 pm - 1:00 pm	Dressing Room	
1:00 pm - 2:30 pm	On-Ice Puckhandling	(Passing, Shooting, 1 on 1's, 2 on 1's, & Controlled Scrimmages)
2:45 pm - 3:30 pm	Russian Circuit Training & Recreation (Alternating Daily)	
3:30 pm - 4:15 pm	Lectures - Rules Test, Sportsmanship, Offensive Attack Plays, Game Preparation	
* All players will be grouped according to age & skill level		

SIHA SPECIAL FEATURES

Off-Ice Shooting iPad Analysis-Our SIHA staff will video analyze each player's shooting technique.



Student Survey Day-Each student will be tested in a series of on and off-ice drills to be compared to their group and U.S. averages, including radar gun speed check.

Full Supervision- All SIHA students will be fully supervised throughout their camp week.



Shoot-Out Contest- All SIHA students will compete to be their group's shoot-out contest champion (prizes given).

WE ARE SIHA AND WE'VE GOT IT ALL!

2021 SUMMER TOUR APPLICATION

Please Complete All Information. PLEASE PRINT.

Student's Name: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____ (for conf. letter/receipt)

Home Phone: _____ Work Phone: _____

Health Insurance Company: _____

Medical History (medical issues within the past 2 years): _____

Doctor's Name: _____

Emergency Contact: _____ Emergency Phone: _____

Height: _____
Weight: _____
Birthdate: _____
Academy Hockey Position: _____
Forward _____ Defense _____ Goalie _____
Present Hockey Level: _____
Travel _____ House _____ Beginner _____
Present Hockey Organization: _____

2021 Sport International Locations, Tuition And Dates. Please Mark Your Choice(s)

City / State	Arena / Date	Price
<input type="checkbox"/> Canton, OH	Center Ice Sports Complex - June 7 - 12	\$230.00
<input type="checkbox"/> Canton, OH	Center Ice Sports Complex - June 14 - 18	\$250.00
<input type="checkbox"/> Hillsborough, NC	Orange County Sportsplex - June 14 - 18	\$475.00
<input type="checkbox"/> Altoona, PA	Galactic Ice - June 21 - 25	\$350.00
<input type="checkbox"/> Rockville, MD	Rockville Ice Arena - June 21 - 25	\$575.00
<input type="checkbox"/> Cincinnati, OH	Sports Plus Arena - June 28 - July 2	\$385.00
<input type="checkbox"/> Hershey, PA	Hersheypark Arena - July 5 - 9	\$360.00
<input type="checkbox"/> Buffalo, NY	Leisure Rinks - July 5 - 9	\$300.00
<input type="checkbox"/> Cicero, NY	Cicero Twin Rinks - July 12 - 16	\$350.00
<input type="checkbox"/> Fairport, NY	Rochester Ice Center - July 12 - 16	\$335.00
<input type="checkbox"/> Reisterstown, MD	Reisterstown Sportsplex - July 19 - 23	\$425.00

City / State	Price	Arena / Date
<input type="checkbox"/> Rockville, MD	\$575.00	Rockville Ice Arena - July 19 - 23
<input type="checkbox"/> Altoona, PA	\$350.00	Galactic Ice - July 26 - 30
<input type="checkbox"/> Reston, VA	\$500.00	SkateQuest of Reston - July 26 - 30
<input type="checkbox"/> Alexandria, VA	\$535.00	Mt. Vernon Rec. Center - August 2 - 6
<input type="checkbox"/> Ebensburg, PA	\$325.00	North Central Rec. Center - August 2 - 6
<input type="checkbox"/> Rochester, NY	\$300.00	Lakeshore Hockey Arena - August 9 - 13
<input type="checkbox"/> Rockville, MD	\$575.00	Rockville Ice Arena - August 9 - 13
<input type="checkbox"/> Ithaca, NY	\$400.00	"The Rink" (Lansing) - August 16 - 20
<input type="checkbox"/> Buffalo, NY	\$300.00	Leisure Rinks - August 16 - 20
<input type="checkbox"/> Hooksett, NH	\$395.00	Tri-Town Ice Arena - August 23 - 27
<input type="checkbox"/> Buffalo, NY	\$300.00	Leisure Rinks - August 23 - 27

*All Tuition Costs Are Based On Ice Prices In Each Individual City.

Choose (circle) Your Jersey Size: YOUTH: Medium Large ADULT: Small Medium Large

Please Indicate & Calculate Your Method and Amount of Payment For Our 2021 Instructional Tour

Tuition Payment (minus max. available discount; limit 1): \$ _____
+ "Youth Meal" Lunch (\$40.00): \$ _____
+ "Big Kid Meal" Lunch (\$50.00): \$ _____
+ Flash Drive Individual Skill Analysis (\$20.00) \$ _____

*NOTE: Rockville, Fairport, and Rochester Students Only:
Add \$10.00 catering surcharge to your total. \$ _____
Total Payment = \$ _____

Check / Money Order: \$ _____ Visa Master Card Discover \$ _____ (50% nonrefundable deposit minimum)

Credit Card Holder's Name: _____ Credit Card #: _____

Credit Card Holder's Billing Address: _____

Please Register Me for the Following Extras

- Flash Drive (Thumb Drive) Individual Professional Skill Analysis - MP4 Computer Transferable Files (\$20.00)
- Lunch program "Youth Meal" (\$40.00)
- Lunch program "Big Kid Meal" (\$50.00)

*NOTE: Rockville, Fairport, and Rochester Students: Add \$10.00 catering surcharge to your lunch choice.

AVAILABLE DISCOUNTS

- Please Mark Your Discount for Credit
One Discount Max. Per Transaction
- 7% Very Early Bird Discount (Tuition must be paid in full by Dec. 31, 2020)
 - 5% Early Bird Discount (Full One Time payment before March 15, 2021)
 - 10% Multiple City Discount (2 or more chosen weeks)
 - 7% Group Discount (7 or more players in a group must be faxed/mailed together)
 - 5% "Family" Discount (2 or more family members must be faxed/mailed together)

Additional Brochures Requested for Friends:

Please Mail Me _____ # of Brochures

CVV / Security Code: _____ Exp. Date: _____
(3 or 4 digit code on back of card)

Waiver Claim: Acknowledging that ice hockey is a contact sport, I agree that Sport International, Inc. its agents, servants, and employees shall not be liable to me for any injury, communicable disease or damage resulting directly or indirectly from my participation in ice skating and ice hockey, whether incurred on the ice or otherwise on or about the buildings. I further agree that I discharge Sport International, Inc. its agents, servants and employees from all actions, claims and demands may have for any injury or damage. I understand that my signature, release and discharge shall bind by their legal representatives and assigns and shall issue to the benefit of Sport International, Inc. its agents, servants and employees and their successors and assigns. It is further agreed that Sport International, Inc. does not and shall not be considered to warrant or guarantee any equipment as may be used in the conducting of said program. I also give my consent to the Sport International Hockey Academy to use my son/daughter at their discretion, in case of any emergency incident that may arise throughout the instructional week. Sport International, Inc. reserves the right to use any pictures & videos taken during the program for research, instruction and/or advertising.

PARENT/GUARDIAN SIGNATURE

Mail Application to: S.I.H.A., 3896 Dewey Ave. #212, Rochester, NY 14616

Fax Application to: (585) 865-1802

Call For More Info: 1-800-724-6658

Apply Online: siha.com

DATE