



2023 JR. PREP SESSIONS

AUGUST 21-25

5:00 PM – 7:00 PM

OVERVIEW & PHILOSOPHY

Designed for participants aged 16-20 yrs. who are heading to Junior camp tryouts and looking to benefit from a **high-intensity program**.

Over the course of **5 evening sessions**, focus will be on skills development, as well as game play.

Each session will include **1 hour of skills** and **1 hour of scrimmage** and will be lead by a member of the **Prince George Cougars coaching staff**.

PRICE PLAYERS

\$299.00 + \$14.95 GST = \$313.95

ONLY 12 SPOTS AVAILABLE

GOALIES

\$249.00 + \$12.45 GST = \$261.45

ONLY 2 SPOTS AVAILABLE

PRICE INCLUDES:

- Five 2 hour evening ice sessions at the CN Centre lead by a member of the Cougars Coaching Staff as well as a keeper jersey.

JR. PREP REGISTRATION

PLEASE PRINT CLEARLY

NAME: _____

BIRTHDATE: _____ AGE: _____

YEAR / MONTH / DAY

LAST TEAM PLAYED FOR: _____

ADDRESS: _____

CITY: _____ PROV.: _____

CARE CARD No.: _____

PARENT/GUARDIAN: _____

e-mail: _____

cell: _____

☐ MALE

☐ FEMALE

☐ FORWARD

☐ DEFENSE

☐ GOALTENDER

PAYMENT DETAILS

☐ CREDIT CARD

☐ INTERAC

☐ CHEQUE

☐ CASH

CC No.: _____

EXP. : _____ / _____ CVV: _____

CARDHOLDER'S NAME: _____

AMOUNT: _____

E-MAIL COMPLETED FORM TO: admin@pgcougars.com OR

DROP FORM AT: 102-2187 Ospika Blvd. S. (Mon-Fri. 9:00 am-4:30 pm)

OFFICE USE ONLY

DATE RECEIVED: _____ REG. #: _____

TOTAL COST: _____

MEDICAL HISTORY

PLEASE LIST ANY MEDICAL CONDITIONS, ALLERGIES OR RECENT INJURIES:

PHOTO/VIDEO WAIVER

☐ **I HEREBY GIVE PERMISSION** for images captured during the Prince George Cougars Jr. Prep Sessions, through video and/or digital camera, to be used solely for the purpose of Prince George Cougars promotional materials, publications or social media channels, and waive any rights to compensation or ownership thereto.

☐ **I DO NOT GIVE PERMISSION** for images to be taken during the Prince George Jr. Prep Sessions.

WAIVER & RELEASE OF LIABILITY

The undersigned acknowledges, appreciates and agrees that: The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment and personal discipline may reduce the risk, the risk of serious injury does exist; and I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my child's participation.

NAME OF PARTICIPANT (PLEASE PRINT)

SIGNATURE (PARENT/GUARDIAN TO SIGN IF UNDER 18 YRS.)

DATE (YEAR / MONTH / DAY)