

2017 SUMMER CAMPS
at Dix Hills Ice Rink
(for boys & girls)

**BARBARA
WILLIAMS**

**POSITIVE
POWER**

WEEK 1

JULY 17 - JULY 21

Peewee • Bantam
High School • Midget

WEEK 2

AUGUST 7 - AUGUST 11

Mites • Squirts
(No Beginners)

WEEK 3

AUGUST 14 - AUGUST 18

Peewee • Bantam
High School • Midget

631-360-1638

Email: NHLBWilliams@optonline.net

www.BWilliamsPowerSkating.com

DIX HILLS ICE RINK
575 Vanderbilt Parkway
Huntington, NY 11746
631-462-5883

Barbara Williams
26 Primrose Lane
Kings Park, NY 11754



2017 POSITIVE POWER Summer Hockey School Registration Form

Complete and return with full payment (check or money order) made payable to:
Barbara Williams - 26 Primrose Lane, Kings Park, NY 11754

Name _____
Address _____ Town _____ Zip _____
Telephone _____ Cell _____ Age _____
E-mail (please print large) _____ Check here if goalie
Name of Person to Contact in an Emergency _____ Telephone _____
Authorized Pick Up Person (s) 1. _____ 2. _____
Check Week: **Week 1** - July 17 - 21 **Week 2** - August 7 - August 11 **Week 3** - August 14 - 18
Jersey Size: Youth M Youth L Youth XL Adult S Adult M Adult L Adult XL Adult XXL Check here for Goalie
Date _____ Amount Enclosed _____

**REFUND POLICY: NO REFUND WILL BE MADE ONCE PAYMENT HAS BEEN MADE. NO REFUND FOR MISSED DAYS.
NO HALF DAYS OR MAKE-UPS. A letter will be sent with more details.**

AGREEMENT AND WAIVER

A medical certificate is required if the applicant suffers from any allergies or if he requires medical attention of any kind. I agree that I shall provide health insurance to cover personal injury and property damage sustained while participating in the activities of or while on the premises of the Barbara Williams Hockey School. I acknowledge that ice hockey is a high risk activity and I give approval for my child to participate in all activities of the Barbara Williams Hockey School both on and off ice. I assume all risks and forever absolve, indemnify and hold harmless, the Barbara Williams Hockey School, Barbara Williams, David Pensa, Dix Hills Ice Rink, Inc. and any of its employees in the event of accident or loss however caused. I certify by my signature that the registrant is in good health, and acknowledge that I have read and understand all the conditions contained in this application and agree to abide by them.

Signature of Parent/Guardian _____ Date _____

POSITIVE POWER
Join us for a positive experience!

BARBARA WILLIAMS

www.BWilliamsPowerSkating.com

POSITIVE POWER



DIRECTOR Barbara Williams is a **NATIONALLY** known **POWER SKATING COACH**. She was the **first woman skating coach in the NHL**. She was the **power skating coach to 2 NHL teams**, The **NY ISLANDERS** and the **NJ DEVILS**, as well as four NHL farm teams. Barbara has also **privately trained over 200 NHL pros**. She published her first book **"More Power To Your Skating"** (65,000 copies sold). Her new book, **"Positive Power"** is now available for Kindle and at Amazon. Barbara currently has students in the **NHL, AHL, ECHL and Division 1** colleges. **Barbara received a Lifetime Achievement Award in 2016.**



ASST. DIRECTOR David Pensa attended the **University of Massachusetts-Lowell (Division 1)** on a full scholarship. He played professional hockey in the ECHL for the Columbus Chill, Jacksonville Lizard Kings and the South Carolina Stingrays.

COACHES - Junior A and College



Barbara's new book, **"Positive Power"** is now available for Kindle and at Amazon.



PROGRAM

All weeks have a minimum of 3 hours a day on ice. All weeks have **power skating, stick handling, shooting, passing & scrimmaging.**

The **Mite-Squirt camps** will emphasize more skill development and power skating techniques.

\$550 per week

(No Beginners) 9:30 am - 3:30 pm

REQUIRED EQUIPMENT

Full hockey equipment needed, including 2 sticks. Please put your name on all items. You will also receive a Positive Power jersey.

FOOD

You can purchase a lunch package for the week for \$40.00. Please make checks payable to D&J Refreshments, c/o Dix Hills Ice Rink and mail to 575 Vanderbilt Parkway, Huntington, NY 11746.

(Refreshment stand is not open during camp hours)

You may also bring your own lunch.

OFF ICE TRAINING

**Conditioning • Agility • Stretching
Outdoor Activities**

**Positive Thinking • Self Esteem
Bullying Lectures
Drug and Alcohol Issues**

"Barbara is one of the most intense and efficient power skating coaches that I have ever worked with. She has a laser-like focus and tremendous ability to break down and quicken your stride."



- **STEVEN RUGGIERO,**
USHL Youngstown Phantoms,
Draft Choice, NHL Anaheim Ducks



"Working with Barbara Williams has helped my development in a major way. Ever since I started skating with Barbara my development process has accelerated tremendously. If it wasn't for Barbara I wouldn't be playing NCAA division one

hockey or have attended a NHL camp. Barbara is a true professional, second to none in the industry.

- **STEVEN MUNDINGER,**
University of Maine, Division 1,
NHL, NY Islanders Summer Hockey Camp, 2016

"Barbara Williams was my skating coach growing up. She was always very positive with me and helped me tremendously in my skating abilities."



- **SONNY MILANO,**
NHL, Columbus Blue Jackets



"Barbara is a great powerskating coach. The key drills she taught me were very helpful. Powerskating for goalies is crucial for development."

- **KEITH KINKADE, NHL, New Jersey Devils**



"Barbara Williams has been my skating coach for over 10 years. She has been a huge part of my success as a hockey player."

- **ROBERT "DUCKY" MASTROSIMONE,**
Verbally committed to Boston University (Div 1)
at 14 years old

"I worked with Barbara starting at a young age. Her training, enthusiasm and the fundamentals she instilled in me, have helped me make it to the NHL."



- **ERIK BURGDOERFER,**
NHL, Buffalo Sabres



"Barbara was my power skating coach at a young age and the fundamentals she taught me still resonate with me to this day. I wouldn't be where I am today without Barbara's guidance and I

owe her a big thank you for those early mornings at Dix Hills Ice Rink!"

- **ROB O'GARA, NHL, Boston Bruins**

- THE HUTCHISON FAMILY

Nick, Canisius College, Division 1



Cailey, University of Maine, Division 1



Conner, Fargo Force, USHL, University of Vermont, Division 1



Nick, Conner and Cailey skated with Barbara Williams at the Dix Hills Ice Rink. Their skating ability has allowed them to excel at hockey and achieve their goals, earning themselves division 1 scholarships.

For more information, contact NHLBWilliams@optonline.net or call 631-360-1638