

BAUER



July 25-29, 2016



2016 Bauer Selects Residence Camp

@ Lake Forest Academy

PARTICIPATION GUIDE



Bauer Selects Residence Camp



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Bauer Selects



Bauer Training Philosophy



BAUER SELECTS™ 2016 SPRING & SUMMER PROGRAM

The **Bauer Selects** have slowly changed our philosophical approach to how we develop and prepare our players in the spring and summer. It's nonsensical to think we can develop highly skilled players when, from the time they are 7-8 years old, they play in 6-8 spring/summer tournaments but only practice a few times. The goal of the Bauer Selects is to still offer a couple of competitive tournaments (for elite players to come together from different teams) but supplement this with a better training-to-game ratio and more demanding and consistent competition at all our events. In 2013 we will be investing and implementing a much more comprehensive training and testing model for all the players selected. The goal this year is to provide the Bauer Selects with a developmental system that is more efficient and productive. The forthcoming outline will emphasize a legitimate development plan and make this a true priority over 6-8 spring tournaments, more games, and more spending. It would be the understatement of understatement to say that this program is long overdue, and that we are thrilled that we have the opportunity to see a spring/summer program instituted in the US that actually mandates development as its lynchpin. The Bauer Selects will focus on these main principles:

1. **Planning:** We will actually set a spring/summer development plan in place that prioritizes training and competition. It will be up to you to find the correct in-season coach/program who has the right mentality to carry over this challenge of development. We currently have too many coaches out there who put winning over development.
2. **Practice:** From the onset training and teaching will be prioritized for the Bauer Selects this year. Simply put our staff will develop skills and not be focused simply on games and their outcomes in spring tournaments.
3. **Patience:** Under most club organizations (where players have been improperly labeled as has-beens by the time they were 14, or never-would-bes by the time they were 9), those kids would never have had a chance. Our goal will be set up for long-term development of elite hockey players with an understanding that each player is unique and can develop at his own rate. We will have a system that is based on education, and a methodical approach with plenty of patience.
4. **Progression:** Everything taught will follow ordered progressions based on building a foundation. There's an old saying, "Work smart, not hard". We know it's self-defeating to work hard in a system that doesn't work, but when you work hard in a system that creates measured and noticeable results the desire to work hard becomes infectious and success becomes guaranteed. We will set up new testing standards to start this process in all training programs.
5. **Parent Participation:** We will increase our parent's knowledge on a development plan so everyone is on the same page. We will disseminate information and have classroom instruction for the parents on strength and conditioning, sport medicine, sport psychology, and nutrition. All of these sport sciences play a large part in the development of a successful hockey player.

We will only select players and families who carry with them the level of energy and commitment to the vision outlined above. Any audience that does not get the importance of enforcing the five (5) principles above will not get the program no matter the presentation. If chosen, you have the option of coming for a weekend, multiple weekends, or the entire program. We have found that the longer a student-athlete stays and builds upon what they learn, the more improvement they find.



Check In / Check Out



CHECK IN – Monday, July 25th

| <u>Age</u> | <u>Location</u> | <u>Time</u> |
|--------------------|---------------------|-------------|
| 2005 All Teams | Mackenzie Ice Arena | 12:30pm |
| 2004 White & Black | Mackenzie Ice Arena | 1:30pm |

CHECK OUT – Friday, July 29th

| <u>Age</u> | <u>Location</u> | <u>Time</u> |
|--------------------|---------------------|-------------|
| 2005 All Teams | Mackenzie Ice Arena | 10:30am |
| 2004 White & Black | Mackenzie Ice Arena | 11:45am |



2005 Schedule



MONDAY, JULY 25

2005

| | | |
|---------|--------------|-----------------------------|
| 12:30pm | All Teams | Check In Mackenzie Ice Rink |
| 1:30pm | All Teams | In Locker Room |
| 2:10pm | All Teams | On Ice Training |
| 3:30pm | All Teams | Outside Group Activity |
| 4:45pm | All Teams | Down time |
| 5:10pm | See Schedule | Game #1 |
| 5:30pm | See Schedule | Dinner #2 |
| 6:15pm | See Schedule | Dinner#1 |
| 6:20pm | See Schedule | Game #2 |
| 10:00pm | All Teams | Lights Out |

TUES, WED, THUR

2005

| | | |
|---------|--------------|------------------------------|
| 7:00am | All Teams | Wake Up |
| 7:30am | All Teams | Breakfast |
| 8:10am | All Teams | In Locker Room |
| 8:40am | All Teams | On Ice Training |
| 10:00am | All Teams | Off Ice Training Track Field |
| 11:15am | All Teams | Dorm Time |
| 12:00pm | All Teams | Lunch |
| 1:10pm | All Teams | In Locker Room |
| 1:30pm | All Teams | On Ice Training |
| 2:45pm | All Teams | Pool |
| 3:30pm | All Teams | Outside Group Activity |
| 4:30pm | All Teams | Dorm Time |
| 5:10pm | See Schedule | Game #1 |
| 5:30pm | See Schedule | Dinner #2 |
| 6:15pm | See Schedule | Dinner #1 |
| 6:20pm | See Schedule | Game #2 |
| 10:00pm | All Teams | Lights Out |

FRIDAY, JULY 29

2005

| | | |
|---------|--------------|----------------------------------|
| 6:30am | All Teams | Wake Up |
| 7:00am | All Teams | Breakfast |
| 8:00am | See Schedule | Game #1 |
| 9:10am | See Schedule | Game #2 |
| 10:30am | All Teams | Pick Up Departure Time from Rink |

BAUER

2005 Game/Dinner Schedule

**MONDAY, JULY 25**

| <u>Group</u> | <u>Teams</u> | | <u>Time</u> |
|--------------|--------------|-------|----------------|
| GAME #1 | White | Black | 5:10-6:10pm |
| Dinner #2 | Red | Blue | 5:30 p.m. |
| Dinner #1 | White | Black | 6:15 p.m. |
| GAME #2 | Red | Blue | 6:20-7:20 p.m. |

TUESDAY, JULY 26

| <u>Group</u> | <u>Teams</u> | | <u>Time</u> |
|--------------|--------------|-------|----------------|
| GAME #1 | White | Blue | 5:10-6:10pm |
| Dinner #2 | Red | Black | 5:30 p.m. |
| Dinner #1 | White | Blue | 6:15 p.m. |
| GAME #2 | Red | Black | 6:20-7:20 p.m. |

WEDNESDAY, JULY 27

| <u>Group</u> | <u>Teams</u> | | <u>Time</u> |
|--------------|--------------|-------|----------------|
| GAME #1 | White | Red | 5:10-6:10pm |
| Dinner #2 | Blue | Black | 5:30 p.m. |
| Dinner #1 | White | Red | 6:15 p.m. |
| GAME #2 | Blue | Black | 6:20-7:20 p.m. |

THURSDAY, JULY 28

| <u>Group</u> | <u>Teams</u> | | <u>Time</u> |
|--------------|--------------|-------|----------------|
| GAME #1 | Red | Blue | 5:10-6:10pm |
| Dinner #2 | White | Black | 5:30 p.m. |
| Dinner #1 | Red | Blue | 6:15 p.m. |
| GAME #2 | White | Black | 6:20-7:20 p.m. |

FRIDAY, JULY 29

| <u>Group</u> | <u>Teams</u> | | <u>Time</u> |
|--------------|--------------|-------|--------------|
| GAME #1 | White | Blue | 8:00-9:00am |
| GAME #2 | Red | Black | 9:10-10:10am |



2004 Schedule



MONDAY JULY 25

2004

| | | |
|---------|---------------|-----------------------------|
| 1:30pm | White & Black | Check In Mackenzie Ice Rink |
| 2:30pm | White & Black | In Locker Room |
| 3:20pm | White & Black | On Ice Training |
| 4:45pm | White & Black | Outside Group Activity |
| 5:30pm | White & Black | Down Time in Dorms |
| 6:00pm | White & Black | Dinner |
| 7:00pm | White & Black | In Locker Room |
| 7:30pm | White & Black | Game |
| 10:00pm | White & Black | Lights Out |

TUES, WED, THUR

2004

| | | |
|---------|---------------|------------------------------|
| 8:00am | White & Black | Wake Up |
| 8:30am | White & Black | Breakfast |
| 9:30am | White & Black | In Locker Room |
| 9:50am | White & Black | On Ice Training |
| 11:00am | White & Black | Off Ice Training Track Field |
| 12:15pm | White & Black | Lunch |
| 1:00pm | White & Black | Outside Group Activity |
| 1:45pm | White & Black | Dorm Time |
| 2:15pm | White & Black | In Locker Room |
| 2:40pm | White & Black | On Ice Training |
| 4:00pm | White & Black | Pool |
| 5:00pm | White & Black | Group Activity/Dorm Time |
| 6:00pm | White & Black | Dinner |
| 7:00pm | White & Black | In Locker Room |
| 7:30pm | White & Black | Game |
| 10:00pm | White & Black | Lights Out |

SATURDAY, JULY 29

2004

| | | |
|---------|---------------|----------------------------------|
| 7:30am | White & Black | Wake Up |
| 8:00am | White & Black | Breakfast |
| 9:30am | White & Black | In Locker Room |
| 10:20am | White & Black | Game |
| 11:45am | White & Black | Pick Up Departure Time from Rink |



Directions – Lake Forest Academy



1500 West Kennedy Road

Lake Forest, IL 60045

(847) 234-3210

From O'Hare Airport:

Route 190 East to Route 294 North, exit at Town Line Road (Route 60). Travel east about 3/4 mile; the campus entrance is on the left; the third stop light on just before the railroad trestle.

From Chicago Midway Airport:

Route 55 West to Route 294 North, exit at Town Line Road (Route 60). Travel East about 3/4 mile; the campus entrance is on the left; the third stop light just before the railroad trestle.



Campus Map



CAMPUS MAP



Campus Key

- | | | | | |
|-------------------------------|---------------------------------------|----------------------------|--|------------------------|
| 1. Reid Hall / Armour Mansion | 7. Corbin Academic Center | 14. Durand Cottage | 22. Crown Fitness & Wellness Center | 29. Faculty Circle #2 |
| 2. Formal Gardens & Pagoda | 8. Cressey Center for the Arts | 15. Ferry Hall | 23. James P. Fitzsimmons Athletic Wing | 30. Faculty Circle #3 |
| 3. Admissions & Guest Parking | 9. Science Center (Opening Fall 2013) | 16. West Village | 24. MacKenzie Ice Arena | 31. Faculty Circle #4 |
| 4. Wood House | 10. New Hall | 17. Weinbrenner House | 25. Atlass Hall | 32. Faculty Circle #5 |
| 5. The Bowditch Bell | 11. Hutchinson Commons | 18. McIntosh Cottage | 26. Remsen Cottage | 33. Gate House #1 & #2 |
| 6. Korhumel Wing | 12. Student Center | 19. Richards Cottage | 27. Warner House | 34. North Cottage #1 |
| | 13. Marshall Field House | 20. Hacienda / Facilities | 28. Faculty Circle #1 | 35. North Cottage #2 |
| | | 21. Glore Gymnasium & Pool | | |



Camper Checklist – What to Bring



What to bring:

Below is a list of what we have found campers should pack for the week. Please try on all hockey equipment prior to leaving for camp to insure that it still fits correctly, and remember that hockey camp is not the place to try out a new pair of skates. Please note that properly fitted dry socks are extremely important to preventing blisters.

Hockey Checklist:

- Skates (sharpened)
- Tape
- Sticks (2-3)
- Extra Laces
- Full Protective Hockey Gear
- Mouth Guard
- Hockey Socks

Non-Hockey Checklist:

- Bedding (sheets)
- Sleeping bag
- Pillow Case
- Pillow
- Pajamas
- Socks (6)
- Gym Shorts
- Underwear (6)
- T-shirts (6)
- Shorts and long pants (3)
- Towels
- Light jacket or hoodie
- Small Fan
- Toiletries
- Soap
- Shampoo
- Tooth Brush
- Toothpaste
- Gatorade and Water
- Healthy Snacks



CAMP BEHAVIOR AGREEMENT



*200x85/BAUER SELECTS CAMPS
Lake Forest Academy*

I hereby agree to comply with all written and verbal regulations and rules enforced by the staff or their immediate representatives. I acknowledge that failure to comply could result in removal from the camp and/or immediate expulsion from the activity, course and program, without any camp refund or credit.

It is understood that irresponsible behavior will not be tolerated, especially in connection with alcohol, tobacco and any other non-medical drugs.

Any doubts I have about the rules and/or their application will be brought to the attention of the staff person responsible.

Any charges incurred as the result of non-compliance of 200x85 & Bauer Selects Hockey Camps will be borne by the individual (travel fare, damage charges, fines, etc.)

Camper Name _____ DOB _____

Signature of Camper _____

Name of Parent _____

Signature of Parent _____

Date _____

ALL FORMS MUST BE FAXED IN BY Monday, June 18
Fax: 1-630-929-7538



MEDICAL RELEASE



200x85/BAUER SELECTS CAMPS
Lake Forest Academy

To be completed by Parent/Guardian or Family Doctor

Camper Name _____

Camper Address _____

Phone Number _____ Emergency # _____

Weight _____ Height _____ Age _____ DOB _____

Insurance Company _____

Insurance Plan and Number _____

Name of Insured Person _____

Relationship of insured person to Camper _____

Date of Last Tetanus Booster _____

Camper Medical Problems (Heart Disease, Sinus, Asthma, etc.) or Special Attention Needed, please list below.

I believe to the best of my knowledge, _____ is in good health, and is able to participate in all activities related to 200x85/Bauer Selects Camps. I understand that 200x85/Bauer Selects is not responsible for any accident or illness incurred by the students during the program. I hereby authorize 200x85/Bauer Selects Camps to secure and or administer emergency medical treatment is required.

ALL FORMS MUST BE FAXED IN BY Monday, June 18
Fax: 1-630-929-7538



RELEASE OF LIABILITY AGREEMENT

200x85/BAUER SELECTS CAMPS
Lake Forest Academy

PARTICIPATION AGREEMENT, RELEASE OF LIABILITY, WAIVER OF CLAIMS AND ASSUMPTION OF RISK

BY SIGNING THIS DOCUMENT YOU ARE ENTERING INTO A CONTRACT WHEREIN YOU MAY BE WAIVING CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE.

TO: 200x85 LLC, Bauer Selects, Lake Forest Academy and AP Events, their owners, officers, directors, agents, employees, and/or representatives of the above listed organizations:

ASSUMPTION OF RISK: I am aware that participating in an ice hockey camp/clinic involves certain inherent risks, dangers and hazards which can result in serious personal injury or death. As such, I hereby freely agree to assume and accept any and all known and unknown risks of injury to my child while participating in this hockey camp/clinic. I further recognize and acknowledge that the risks inherent in the sport of ice hockey can be greatly reduced by wearing proper protective equipment and by using common sense.

RELEASE AND WAIVER OF CLAIMS AGREEMENT: In consideration of allowing me to participate in this hockey camp/clinic, I hereby agree to the fullest extent permitted by law, as follows:

TO WAIVE ANY AND ALL CLAIMS that I have or may in the future have against the Academy, any of the parties named above and /or the rental shop; and

TO RELEASE the Academy and any party named above from any and all liability for any loss, damage, injury or expense that my child may suffer, or that any next of kin may suffer, arising from and as a result of my child's participation in this hockey camp/clinic, due to any cause whatsoever, including negligence or breach of contract regarding the design, manufacture, selection, installation, maintenance or adjustment of the equipment and in the operation, supervision, design, or maintenance of the Arena.

ARBITRATION: In consideration of allowing me to participate in this hockey camp, I hereby agree to submit to binding arbitration any and all claims which I believe I may have against the Academy, and/or the above named parties arising from my child's participation in this hockey camp. Such arbitration shall be pursuant to the rules of the American Arbitration Association. The arbitrators shall apply the Federal Rules of Evidence to all proceedings. Arbitration shall be commenced within one year from the date on which any alleged claim first arose and if not commence within that one year time frame, said claim shall be barred. Further, the arbitration shall be held in the town where the Arena is located, unless otherwise mutually agreed to by all the parties. The submission to the American Arbitration Association shall be unlimited and the arbitration award may be enforced by a court of competent jurisdiction. This Arbitration provision is in addition to and shall in no way limit the above Release and Waiver of Claims Agreement.

BINDING EFFECT OF AGREEMENT: In the event of my death or incapacity, this Agreement shall be effective and binding upon by heirs, next of kin, executors, administrators, assigns and representatives.

ENTIRE AGREEMENT: In entering into this Agreement, I am not relying upon any oral or written representation other than what is set forth in this Agreement.

I HAVE READ AND UNDERSTAND THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE THE ARENA, ITS OWNERS, MANAGERS, EMPLOYEES, AND/OR THE RENTAL SHOP.

Player's Name _____ Birth Year _____

Signature of Parent/Guardian _____ Date _____

*required for minor participant

ALL FORMS MUST BE FAXED IN BY Monday, July 18
Fax: 1-630-929-7538