

Next Level Summer Hockey Training

Next Level Hockey Training is a demanding program designed for girls who want to be pushed outside of their comfort zone while improving their level of play. On-Ice training will consist of under and overspeed skating, puck handling, agility, small area competitions, skill drills, and scrimmages. Dryland Training will consist of plyometrics, power movements, speed ladders, jump ropes, sprints, and weight training for speed. The Youth Camp will have a greater emphasis on beginner level skill development and skating technique.

The Hockey Staff will include High School Girls Coach Tyler Schaff from St. Francis/North Branch and various D-I and D-III hockey players (including Haylea Schmid-SCSU, Whitney Schaff-GAC, and Nicole Jones-Bethel) to help demonstrate the drills and work with the players. Clinic schedules are listed below:

Dates and Location: **Fogerty Arena**

GIRLS YOUTH CAMP (U-8/U-10/U-12/U-14) (7 Hours On-Ice/7 Hours Dryland)

Thurs.	6/03/2010	South Rink	Dryland 6:40 – 7:40 pm	Ice 7:50 – 8:50 pm
Mon.	6/07/2010	North Rink	Dryland 6:40 – 7:40 pm	Ice 7:50 – 8:50 pm
Thurs.	6/10/2010	North Rink	Dryland 6:40 – 7:40 pm	Ice 7:50 – 8:50 pm
Tues.	6/15/2010	North Rink	Dryland 6:40 – 7:40 pm	Ice 7:50 – 8:50 pm
Wed.	6/16/2010	South Rink	Ice 4:20 – 5:20 pm	Dryland 5:30 – 6:30 pm
Thurs.	6/17/2010	North Rink	Dryland 6:40 – 7:40 pm	Ice 7:50 – 8:50 pm
Mon.	6/21/2010	North Rink	Dryland 6:40 – 7:40 pm	Ice 7:50 – 8:50 pm

Cost: \$100 per player or \$20 per session / Goalies \$50 for entire camp

Register by May 1st and skaters receive a \$25 discount!

Payments are non-refundable

GIRLS HIGH SCHOOL CAMP (14 Hours On-Ice/12 Hours Dryland)

Tues.	6/22/2010	South Rink	Ice 5:30 – 6:30 pm	Dryland 6:40 – 7:40 pm
Thurs.	6/24/2010	South Rink	Ice 5:30 – 6:30 pm	Dryland 6:40 – 7:40 pm
Sun.	6/27/2010	North Rink	Ice 5:30 – 6:30 pm	Dryland 6:40 – 7:40 pm
Tues.	6/29/2010	South Rink	Ice 5:30 – 6:30 pm	Dryland 6:40 – 7:40 pm
Wed.	6/30/2010	South Rink	Ice 4:00 – 5:00 pm	Dryland 5:10 – 6:10 pm
Thurs.	7/08/2010	South Rink	Ice 5:30 – 6:30 pm	Dryland 6:40 – 7:40 pm
Mon.	7/12/2010	South Rink	Ice 3:40 – 4:40 pm	Dryland 4:50 – 5:50 pm
Tues.	7/13/2010	South Rink	Ice 5:30 – 6:30 pm	Dryland 6:40 – 7:40 pm
Wed.	7/14/2010	South Rink	Ice 4:00 – 5:00 pm	Dryland 5:10 – 6:10 pm
Thurs.	7/15/2010	South Rink	Ice 5:30 – 6:30 pm	Dryland 6:40 – 7:40 pm
Tues.	7/20/2010	South Rink	Ice 5:30 – 6:30 pm	Dryland 6:40 – 7:40 pm
Wed.	7/21/2010	South Rink	Ice 3:20 – 4:20 pm	Dryland 4:30 – 5:30 pm
Thurs.	7/22/2010	South Rink	Ice (2 Sessions) 5:30 – 6:30 pm and 6:40 – 7:40 pm	

Cost: \$200 per player or \$20 per session / Goalies \$50 for entire camp

Register by May 1st and skaters receive a \$25 discount!

Payments are non-refundable

QUESTIONS: CONTACT TYLER SCHAFF at 763-238-6556

REGISTRATION FORM:

Name: _____

Date of Birth: _____

Address: _____

Level Played 09-10: _____

Phone: _____

Session (Please Circle One): Youth H.S.

Make Checks Payable and Mail to:

Position (Please Circle One): Skater Goalie

Tyler Schaff
1407 18th Ave. SE
Cambridge, MN 55008

E-mail: _____

