

# Goal of Camp

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To prepare the campers for the 2007-2008 season.

To provide knowledge from instructors that have played hockey at high levels and share their experiences with the campers.

To improve skills in all areas of the game, both offensively and defensively.

To teach the players the importance of dry land training and how to properly train for hockey in the off season.

To provide a strong work ethic that campers can bring into their next season.

HAVE FUN!

When it comes down to it that's what hockey is all about!

## ICE TIMES

Ice times all at Tartan Arena

Squirts / 10U	Peewees /12U
7/12 5:45 - 6:45	7/10 5:45 - 6:45
7/17 5:45 - 7:00	7/12 7:00 - 8:00
7/19 5:45 - 6:45	7/19 7:00 - 8:00
7/24 5:45 - 6:45	7/24 7:00 - 8:15
7/26 5:45 - 6:45	7/26 7:00 - 8:00
8/02 5:45 - 6:45	7/31 5:45 - 7:00
8/07 5:45 - 7:00	8/02 7:00 - 8:00
8/09 5:45 - 6:45	8/09 7:00 - 8:00
8/16 5:45 - 6:45	8/14 5:45 - 6:45
8/21 5:45 - 6:45	8/16 7:00 - 8:00
8/23 5:45 - 6:45	8/21 7:00 - 8:15
8/28 5:45 - 7:00	8/23 7:00 - 8:00
8/30 5:45 - 6:45	8/30 7:00 - 8:00

### Bantams/14u

7/10 7:00 - 8:15
7/12 8:15 - 9:15
7/17 7:00 - 8:15
7/19 8:15 - 9:15
7/26 8:15 - 9:15
7/31 7:00 - 8:15
8/02 8:15 - 9:15
8/07 7:00 - 8:15
8/09 8:15 - 9:15
8/14 7:00 - 8:15
8/16 8:15 - 9:15
8/23 8:15 - 9:15
8/28 7:00 - 8:15
8/30 8:15 - 9:15

Dry land training follows ice time.  
Bring tennis shoes and workout clothes



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Instructed by Steve Czech and Chris Toll

## North St. Paul Hockey

# Summer Hockey Camp 2007

**For Who:**

Players of North St. Paul Hockey  
(Squirts-10U) ( Peewees-12U) (Bantams-14U).  
Register for level playing in 2007-2008 season.

**What do you get?**

13+ hours of on ice training.  
13 hours of dry land training.

On ice includes over speed training, stick  
handling, passing/receiving and fun games.

Dry land training includes quickness/agility  
drills to improve speed. Stick handling, passing,  
and shooting.

**Where:**

All ice and dry land is held at Tartan Arena.  
When: July 10-Aug 30.  
See level schedule for your level  
Ice time. Dry land follows ice time.  
(Exact times on back)

**Why:**

To give the players of North St. Paul a high  
level of training at an affordable price.

Cost: \$150.00 Skaters  
\$50.00 Goalies

To reserve your spot sign up  
Early. Due by April 30.

After April 30, it will be opened

To players outside of NSPAHA. (No Refunds)

Limited to 30 skaters & 4 goalies  
More information contact,  
Steve Czech 651-777-0635

**Instructors**

**Head Instructors**  
**Steve Czech Jr.**

Currently playing pro hockey with the  
Florida Everblades in the ECHL  
4 Years of collegiate hockey in the WCHA  
with the University of Minnesota - Duluth  
2 years in the USHL

High School Hockey at Hill-Murray  
Youth hockey with North St. Paul/Tartan

**Chris Toll**

4 years at the college level in the WCHA  
with the Minnesota State Mavericks  
2 years in the USHL

Played high school for Hill-Murray  
Youth hockey with the Tartan Titans

**Guest Instructors**

(Guest instructors will be there periodically, do  
to their schedules with their hockey programs)

**Tim Hambly**

In his second year of professional hockey with  
the Omaha Ark-Sar-Ben in the AHL  
Also played 4 years in the WCHA with the  
University of Minnesota - Duluth  
Played youth hockey with White Bear Lake

**Tim Stapleton**

Currently playing pro hockey in the Finish Elite  
League, the top league in Europe  
Also played 4 years at the  
University of Minnesota - Duluth

There will also be other college and pro players  
that will come in to help lead drills and give the  
campers their experience with hockey and what  
it takes to get to that next level of hockey.

**Registration**

**Players information**

Name \_\_\_\_\_

Address \_\_\_\_\_

City , Zip \_\_\_\_\_

Phone \_\_\_\_\_

Birthday \_\_\_\_\_

Circle One: (Squirt-10U) (PW-12U)  
(Bantams-14U) (Goalie) level \_\_\_\_\_

Cost \$150 Goalies \$50

Make checks payable and send to:

Summer Hockey Camp  
Steve Czech  
6271 46th St. N  
Oakdale, MN 55128

The summer hockey camp staff is not liable for  
any injuries that may occur in any part of this  
program.

Sign \_\_\_\_\_

Date \_\_\_\_\_