

Goal of Camp

To prepare the campers for the 2008-2009 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	Pewees / 12U
7/10 5:45 - 6:45	7/8 5:45 - 6:45
7/15 5:45 - 7:00	7/10 7:00 - 8:00
7/17 5:45 - 6:45	7/17 7:00 - 8:00
7/22 5:45 - 6:45	7/22 7:00 - 8:15
7/24 5:45 - 6:45	7/24 7:00 - 8:00
7/31 5:45 - 6:45	7/29 5:45 - 7:00
8/05 5:45 - 7:00	7/31 7:00 - 8:00
8/07 5:45 - 6:45	8/07 7:00 - 8:00
8/14 5:45 - 6:45	8/12 5:45 - 6:45
8/19 5:45 - 6:45	8/14 7:00 - 8:00
8/21 5:45 - 6:45	8/19 7:00 - 8:15
8/26 5:45 - 7:00	8/21 7:00 - 8:00
8/28 5:45 - 6:45	8/28 7:00 - 8:00

Bantams / 14U
7/8 7:00 - 8:15
7/10 8:15 - 9:15
7/15 7:15 - 8:15
7/17 8:15 - 9:15
7/24 8:15 - 9:15
7/29 7:15 - 8:15
7/31 8:15 - 9:15
8/05 7:15 - 8:15
8/07 8:15 - 9:15
8/12 7:00 - 8:15
8/14 8:15 - 9:15
8/21 8:15 - 9:15
8/26 7:15 - 8:15
8/28 8:15 - 9:15

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



Instructed by Steve Czech Jr. and Chris Toll
www.offseasonhockey.net



Summer Hockey Camp 2008

For Who:

(Squirts-10U) (Peewees-12U) (Bantams-14U).
Register for level playing in 2008-2009 season.
Boys and Girls

What do you get?

13+ hours of on ice training.
13 dry land training sessions.
ON ICE includes over speed training, stick handling, passing/receiving and fun games.
OFF ICE 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 8 - Aug 28.
See level schedule for your level
Ice time. Dry land follows ice time.
Approximately 30 to 60 minutes of dryland
(Exact times on back)

Why:

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

Cost: \$200 Skaters
\$50 Goalies

To reserve your spot sign up early.
Spots fill up fast.
(No Refunds)

Once spots are filled, camp closes, to ensure a strong coach to player ratio.
Limited to 30 skaters & 4 goalies
For more information contact,
Steve Czech Sr. - 651-592-7262
Steve Czech Jr. - 651-470-6557
or visit www.offseasonhockey.net

Instructors

Head Instructors Steve Czech Jr.

Currently playing his third pro year 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 third year of professional hockey with the Quad City Flames in the AHL
Also played 4 years in the WCHA with the University of Minnesota - Duluth
Played youth hockey with White Bear Lake

Matt Czech

4 years at St. Johns of the MIAC
High School with the Hill-Murray Pioneers
Youth Hockey with NSP and Tartan

Tim Stapleton

Currently playing his third pro year 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 based on their schedules)

Registration

Players information

Name _____

Address _____

City , Zip _____

Phone _____

Birthday _____

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

Cost: Skaters \$200 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 _____