



Registration is now underway for CADP 2009 Southeast Metro Fall Hockey Program. Coaching staff consists of head coaches, Archie Bifulk and Lenny Vannelli. On-ice sessions are tailored to two levels for hockey specific skill and strength training for both male and female athletes. Training groups consist of 22-26 skaters and 3-4 goalies. In addition to each ice session at **Eagan Civic Arena**, there is a one-hour pre-ice workout and a one-hour post-ice dryland training session, emphasizing leg strength and quickness. Spots are limited and on a first-come, first-served basis. **Additional strength training sessions are scheduled for Highland Arena's weight room.**

Group 1: Youth Group – '95, '96 & '97

Group 2: High School JV/Varsity – '94 and older

Dates: See pages below

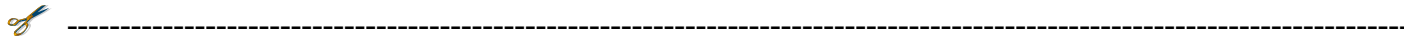
Cost: \$425.00 per athlete

Payments are due before August 20, 2009.

Questions? E-mail Lenny at: lenny@cadpmn.com

To reserve your spot in the Fall Program, please forward an email to lenny@cadpmn.com

Added Training Value: 72 total hours of
 16 hours – Pre-ice training
 18 hours – On-ice training
 16 hours – Dryland and strength training
 18 hours – Additional upper body weight training



Please select a group: Group 1: Youth Group – '95, '96 & '97 Group 2: High School JV/Varsity – '94 and older

Player's Name _____	Parent's Name _____
Position _____ Shoots _____ Height _____	Home Address _____
Date of Birth ____/____/____ Age _____	City _____ State _____ Zip _____
2009-10 grade level _____	Parent's Email _____
Winter Team _____	Phone #1 _____ 2# _____

Please complete separate forms for each player. Mail this position along with a check to: **CADP, PO BOX 240355, Apple Valley, MN 55124-0355**

Check here if you wish to have payment billed using our PayPal Invoicing system. Visa or MasterCard accepted. **Payments due by August 20.**

I hereby grant permission to the staff/coaches to act for me, according to their best judgment, in any emergency requiring medical attention. I release the camp staff, CADP and Highland Ice Arena from any and all liability for injuries incurred while at camp.

Signed: _____ Date: _____
Signature of parent or guardian



COMMUNITY ATHLETIC DEVELOPMENT PROGRAM

A MINNESOTA 501 (c) (3) NON-PROFIT ORGANIZATION

Eagan/Highland Ice Arena Calendar

Tuesday, August 04, 2009 – Thursday, October 08, 2009

August 2009

S M T W T F S

						1
2	3	<u>4</u>	5	<u>6</u>	7	8
<u>9</u>	10	<u>11</u>	12	<u>13</u>	14	15
<u>16</u>	17	<u>18</u>	19	<u>20</u>	21	22
<u>23</u>	24	<u>25</u>	26	<u>27</u>	28	29
30	31					

September 2009

S M T W T F S

		<u>1</u>	2	<u>3</u>	4	5
6	7	<u>8</u>	9	<u>10</u>	11	12
<u>13</u>	14	<u>15</u>	16	<u>17</u>	18	19
<u>20</u>	21	<u>22</u>	23	<u>24</u>	25	26
<u>27</u>	28	<u>29</u>	30			

October 2009

S M T W T F S

				<u>1</u>	2	3
	<u>4</u>	5	<u>6</u>	7	<u>8</u>	9
10						
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



Details

Tuesday, August 04, 2009

Subject CADP Fall Program

Location Eagan West Arena

1st group;
1:00 pm pre-ice workouts
2:00-3:00 pm on-ice
3:10-4:00 pm off-ice dryland

2nd group;
2:15 pm pre-ice workouts
3:15-4:15 pm on-ice
4:25-5:25 pm off-ice dryland

Thursday, August 06, 2009

Subject CADP Fall Program

Location Eagan West Arena

1st group;
7:15 AM pre-ice workouts
8:15-9:15 AM on-ice
9:25-10:25 AM off-ice dryland

2nd group;
9:45 AM pre-ice workouts
10:45-11:45 AM on-ice
12:55-1:55 pm off-ice dryland

Sunday, August 09, 2009

Subject CADP Fall Program

Location Eagan East Arena

1st group;
7:00 AM pre-ice workouts
8:00-9:15 AM on-ice



**COMMUNITY ATHLETIC
DEVELOPMENT PROGRAM**
A MINNESOTA 501 (c) (3) NON-PROFIT ORGANIZATION

9:25-10:25 AM off-ice dryland

2nd group;
9:45 AM pre-ice workouts
9:30-10:45 AM on-ice
11:55 AM-12:55 pm off-ice dryland

Tuesday, August 11, 2009

Subject CADP Fall Program

Location Eagan West Arena

1st group;
1:00 pm pre-ice workouts
2:00-3:00 pm on-ice
3:10-4:00 pm off-ice dryland

2nd group;
2:15 pm pre-ice workouts
3:15-4:15 pm on-ice
4:25-5:25 pm off-ice dryland

Thursday, August 13, 2009

Subject CADP Fall Program

Location Eagan West Arena

1st group;
11:45 AM pre-ice workouts
12:45-1:45 pm on-ice
1:55-2:55 pm off-ice dryland

2nd group;
1:00 pm pre-ice workouts
2:00-3:00 pm on-ice
3:10-4:10 pm off-ice dryland

Sunday, August 16, 2009

Subject CADP Fall Program

Location Eagan East Arena



COMMUNITY ATHLETIC DEVELOPMENT PROGRAM

A MINNESOTA 501 (c) (3) NON-PROFIT ORGANIZATION

1st group;
7:00 AM pre-ice workouts
8:00-9:15 AM on-ice
9:25-10:25 AM off-ice dryland

2nd group;
9:45 AM pre-ice workouts
9:30-10:45 AM on-ice
11:55 AM-12:55 pm off-ice dryland

Tuesday, August 18, 2009

Subject CADP Fall Program

Location Eagan West Arena

1st group;
1:00 pm pre-ice workouts
2:00-3:15 pm on-ice
3:25-4:25 pm off-ice dryland

2nd group;
2:30 pm pre-ice workouts
3:30-4:45 pm on-ice
4:55-5:55 pm off-ice dryland

Thursday, August 20, 2009

Subject CADP Fall Program

Location Eagan East Arena

1st group;
11:45 AM pre-ice workouts
12:45-2:00 pm on-ice
2:10-3:10 pm off-ice dryland

2nd group;
2:15 pm pre-ice workouts
2:15-3:30 pm on-ice
3:40-4:40 pm off-ice dryland



Sunday, August 23, 2009

Subject CADP Fall Program

Location Eagan East Arena

1st group;
7:00 AM pre-ice workouts
8:00-9:15 AM on-ice
9:25-10:25 AM off-ice dryland

2nd group;
9:45 AM pre-ice workouts
9:30-10:45 AM on-ice
11:55 AM-12:55 pm off-ice dryland

Tuesday, August 25, 2009

Subject CADP Fall Program

Location Eagan East Arena

1st group;
5:00 pm pre-ice workouts
6:00-7:15 pm on-ice
7:25-8:25 pm off-ice dryland

2nd group;
6:30 pm pre-ice workouts
7:30-8:45 pm on-ice
8:55-9:55 pm off-ice dryland

Thursday, August 27, 2009

Subject CADP Fall Program

Location Highland Arena Weight Room

1st group;
6:00-7:30 pm weight room workouts

2nd group;



Tuesday, September 01, 2009

Subject CADP Fall Program

Location Eagan East Arena

1st group;
5:00 pm pre-ice workouts
6:00-7:15 pm on-ice
7:25-8:25 pm off-ice dryland

2nd group;
6:30 pm pre-ice workouts
7:30-8:45 pm on-ice
8:55-9:55 pm off-ice dryland

Thursday, September 03, 2009

Subject CADP Fall Program

Location Highland Arena Weight Room

1st group;
6:00-7:30 pm weight room workouts

2nd group;
7:30-9:00 pm weight room workouts

Please note: players may request to show at either time that is flexible to their fall sports, academics requirements or carpooling issues.

Tuesday, September 08, 2009

Subject CADP Fall Program

Location Eagan East Arena

1st group;
5:00 pm pre-ice workouts
6:00-7:15 pm on-ice
7:25-8:25 pm off-ice dryland

2nd group;



**COMMUNITY ATHLETIC
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6:30 pm pre-ice workouts
7:30-8:45 pm on-ice
8:55-9:55 pm off-ice dryland

Thursday, September 10, 2009

Subject CADP Fall Program

Location Highland Arena Weight Room

1st group;
6:00-7:30 pm weight room workouts

2nd group;
7:30-9:00 pm weight room workouts

Sunday, September 13, 2009

Subject CADP Fall Program

Location Eagan East Arena

1st group;
7:00 AM pre-ice workouts
8:00-9:15 AM on-ice
9:25-10:25 AM off-ice dryland

2nd group;
9:45 AM pre-ice workouts
9:30-10:45 AM on-ice
11:55 AM-12:55 pm off-ice dryland

Tuesday, September 15, 2009

Subject CADP Fall Program

Location Highland Arena Weight Room

1st group;
6:00-7:30 pm weight room workouts

2nd group;
7:30-9:00 pm weight room workouts



COMMUNITY ATHLETIC DEVELOPMENT PROGRAM

A MINNESOTA 501 (c) (3) NON-PROFIT ORGANIZATION

Thursday, September 17, 2009

Subject CADP Fall Program

Location Highland Arena Weight Room

1st group;
6:00-7:30 pm weight room workouts

2nd group;
7:30-9:00 pm weight room workouts

Sunday, September 20, 2009

Subject CADP Fall Program

Location Eagan East Arena

1st group;
6:30 AM pre-ice workouts
7:00-8:15 AM on-ice
8:25-9:25 AM off-ice dryland

2nd group;
7:45 AM pre-ice workouts
8:30-9:45 AM on-ice
10:55-11:55 AM off-ice dryland

Tuesday, September 22, 2009

Subject CADP Fall Program

Location Highland Arena Weight Room

1st group;
6:00-7:30 pm weight room workouts

2nd group;
7:30-9:00 pm weight room workouts

Thursday, September 24, 2009

Subject CADP Fall Program



**COMMUNITY ATHLETIC
DEVELOPMENT PROGRAM**
A MINNESOTA 501 (c) (3) NON-PROFIT ORGANIZATION

Location Highland Arena Weight Room

1st group;
6:00-7:30 pm weight room workouts
2nd group; 7:30-9:00 pm weight room workout

Sunday, September 27, 2009

Subject CADP Fall Program

Location Eagan East Arena

1st group;
7:00 AM pre-ice workouts
8:00-9:15 AM on-ice
9:25-10:25 AM off-ice dryland

2nd group;
9:45 AM pre-ice workouts
9:30-10:45 AM on-ice
11:55 AM-12:55 pm off-ice dryland

Tuesday, September 29, 2009

Subject CADP Fall Program

Location Highland Arena Weight Room

1st group;
6:00-7:30 pm weight room workouts

2nd group;
7:30-9:00 pm weight room workouts

Thursday, October 01, 2009

Subject CADP Fall Program

Location Highland Arena Weight Room

1st group;
6:00-7:30 pm weight room workouts

2nd group;
7:30-9:00 pm weight room workouts



Sunday, October 04, 2009

Subject CADP Fall Program

Location Eagan East Arena

1st group;
7:00 AM pre-ice workouts
7:30-8:45 AM on-ice
9:55-10:55 AM off-ice dryland

2nd group;
8:00 AM pre-ice workouts
9:00-10:15 AM on-ice
11:25 AM-12:25 pm off-ice dryland

Tuesday, October 06, 2009

Subject CADP Fall Program

Location Highland Arena Weight Room

1st group;
6:00-7:30 pm weight room workouts

2nd group;
7:30-9:00 pm weight room workouts

Thursday, October 08, 2009

Subject CADP Fall Program

Location Highland Arena Weight Room

1st group;
6:00-7:30 pm weight room workouts

2nd group;
7:30-9:00 pm weight room workouts

Please note: players may request to show at either time that is flexible to their fall sports, academics requirements or carpooling issues.