



COMMUNITY ATHLETIC DEVELOPMENT PROGRAM

A MINNESOTA 501(C) (3) NON-PROFIT ORGANIZATION
PO BOX 240355, APPLE VALLEY, MN 55124



2009 TRAINING PROGRAM INFORMATION

WHO WE ARE

CADP is a Minnesota 501 (c) (3) Non-Profit Organization that operates multiple hockey training and development programs in the Twin Cities.

Our training program was the vision of Herb Brooks who, in 1996, selected Jack Blatherwick, Ph.D, a physiologist from the University of Minnesota, to develop a hockey-specific training regimen for on- and off-ice development of female hockey players. Brooks and Blatherwick put together a small group of female hockey players in preparation for the 1998 Olympic Games in Nagano, Japan, and our programs have since grown to serve over 1,500 athletes.

In 2004, Blatherwick created CADP, a new Minnesota non-profit entity, to handle the operation of the local Community Olympic Development Program. He and his coaching staff, including Len Vannelli, expanded CADP from a six week summer hockey camp to a year-round specialized training program. With Vannelli now serving as President, Blatherwick remains active as a program consultant, providing input on development theory, scientific research and athlete recommendation to USA Hockey for National and Olympic teams.

CADP hosts five off-season training programs at three Minnesota ice arenas: Ramsey County Highland Arena in Saint Paul, The City of New Hope Ice Arena, and our new location at the Victoria Field House. We now cater to male and female athletes across the region, at all levels from Squirts on up, with the help of a highly motivated and experienced coaching staff. *(See pages 2 and 4 for more info on our current programs.)*

For more information or answers to specific questions, please E-mail Director Lenny Vannelli lenny@cadpmn.com or visit www.cadpmn.com



Above: Head Coach and Director Lenny Vannelli during summer program practice.

DONATING IS EASY!

You can now donate online to CADP. Each donation to CADP is tax-deductible and any amount is greatly appreciated.

For more information, visit www.cadpmn.com or search for "CADP" on the www.Guidestar.org website to view a full informational and fiscal report.

Thank you for supporting our youth athletes!

For more information about the 2009 CADP training programs, the registration process, or donation options, contact Lenny Vannelli by E-mail at lenny@cadpmn.com or check out our website: www.cadpmn.com



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CADP PROGRAMS

CADP Summer Program (June-July)

Approximately 200 female athletes (6th grade through College level) are selected to participate in our original and most popular training program every summer. We offer on-ice skating and skills practice along with off-ice dryland, strength, and plyometric training twice a week. Players also compete in weekly scrimmages to improve game sense and creativity. CADP hosts a 16-team Festival, inviting top talent from across the country to compete against our athletes. The workouts are designed to improve:

- Skating speed and technique
- Upper and lower body strength, with emphasis on skating-specific leg and core exercises
- Quickness and agility
- Competitiveness
- Passing, shooting and scoring skills at top speed



Above: Ms. Hockey 2007, Katharine Chute, on the slideboard during a CODP dryland practice.

CADP Invitational Spring Camp (March-April)

This eight-week training program helps CADP athletes prepare for Minnesota Hockey's Advanced 17's, 16's and 15's District tryouts and is designed to improve:

- Upper body strength
- Quickness for stick handling abilities and shooting
- Skating-specific strength and range of motion
- Thinning and reducing body fat
- Nutrition
- Concentration skills

CADP Goalie Camp (May)

This eight-session on-ice & off-ice training program prepares CADP goalies for the summer training program by increasing athleticism, improving mental and physical consistency, and learning goalie-specific fundamentals. Returning CADP college players assist by participating in specific shooting sequences.

CADP Fall Development Team (August-October)

Athletes are selected to play on the official USA Hockey 19U CADP pre-season development team through a tryout process. The team completes the fall development schedule before the start of the high school season, allowing athletes to retain high school eligibility. Practices and dryland training (twice per week) are offered along with 15+ game and tournament opportunities to teach:

- Team concepts and communication
- Offensive and defensive systems
- Creativity and competitiveness

CADP Fall Program (August-October)

Male and female athletes of all ages continue dryland, strength training, and skills practice to help prepare for the winter season. The program includes: twice-weekly dryland and strength training; weekly on-ice practice in August; multiple on-ice practices per week in September and October.

CADP Boys' Summer Program (June-July)

Select, invitation only groups of 97/96's, 95/94's and varsity caliber age boys train during the summer program, designed in the image of the CADP Women's Program. For inquiries, please send hockey resume to: lenny@cadpmn.com

The Goalie camp is currently fully subsidized and the athletes participate for free. The rest of the CADP training programs are offered to the athletes at approximately 1/3 of the actual cost of participation to promote the most competitive atmosphere possible, regardless of family income or geographic location.



Above: Peeewe and Bantam-age boys train in the CADP Boys' Summer Program.



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ATHLETE PERFORMANCES

Recent notable CADP athlete performances:

2009 World Women's Under-18 Championship Gold Medalist:

- Alex Nelson, Andover (to Saint Cloud State University), 5-year athlete

MSHSL Ms. Hockey 2009 Top 5 Finalists:

- 2009 Ms. Hockey Becky Kortum, Hopkins - Minnesota, 4-year athlete
- Margaret Chute, Blake - Harvard, 6-year athlete
- Sally Komarek, Blake - Dartmouth, 5-year athlete
- Alex Nelson, Andover - St. Cloud State, 5-year athlete

2008 U.S. Women's 22-Under Select Team:

- Anna McDonald, New Brighton - Harvard University, 7-year athlete
- Anne Schleper, Saint Cloud - University of Minnesota, 6-year athlete

MSHSL 2008 Senior Goalie of the Year:

- Alyssa Grogan, Winner, Eagan - University of Minnesota, 4-year athlete
- Ali Altman, Finalist, Eagan - Mankato State University, 6-year athlete

MSHSL Ms. Hockey 2007:

- Katharine Chute, Wayzata - Harvard University, 6-year athlete

USA Hockey Under-18 Team Gold Medalists:

- Kate Bacon, Chanhassen - Providence College, 5-year athlete
- Alyssa Grogan, Eagan - University of Minnesota, 4-year athlete
- Anne Schleper, Saint Cloud - University of Minnesota, 6-year athlete
- Kelly Wild, Saint Paul - Ohio State, 5-year athlete

USA Hockey World Team Silver Medalists:

- Natalie Darwitz, Eagan - University of Minnesota, 9-year athlete
- Tiffany Hage, Coon Rapids - Dartmouth, 9-year athlete
- Gigi Marvin, Warroad - University of Minnesota, 2-year athlete
- Jenny Potter, Minneapolis - University of Minnesota - Duluth, 4-year athlete
- Krissy Wendell-Pohl, Brooklyn Park - University of Minnesota, 9-year athlete

'09-'10 Women's College Season

- Div I - 93 CADP athletes
- Div III - 75 CADP athletes

Right: Harvard University and USA Hockey National Program player Anna McDonald (left) and R.P.I. standout Whitney Naslund (right) at the CADP Sunday night scrimmage.





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NEW PROGRAM REGISTRATION

Community Athletic Development Program is excited to introduce the new **CADP Victoria Summer and Fall Training Programs**. Training opportunities at our new site will emulate the metro program, including more than 75 hours of training on- and off-ice in the Summer and 60 hours in the Fall, but are offered at a lower cost. Victoria Field House Membership is required for the entire off-season, which will include up to 40 hours of instructed weight room training during the month of May; this training will emphasize hockey specific exercise routines and dryland leg workouts to help the athletes develop strength and quickness before summer ice schedules.

SUMMER PROGRAM (June - July): Cost -- \$750.00

- Weekday training groups are scheduled for Tuesday and Thursday Mornings and consist of 22-26 skaters and 3-4 goalies.
- Each session includes a one hour pre-ice warm-up sequence, a 75-minute on-ice session, and a one hour dryland training session emphasizing leg strength and quickness.
- Sunday Night Scrimmages -- Scrimmage groups consist of 12-14 skaters and 1-2 goalies. Each scheduled scrimmage session includes a one hour pre-ice warm sequence and 75 minutes of on-ice competition and theory (no dryland training is scheduled after Sunday Scrimmages.)
- CADP Summer Tournaments: held at New Hope Arena on the weekends of June 26-28th and July 24-26th. Athletes have the opportunity to participate in three to five games against top talent from the Midwest region.

FALL PROGRAM (August - October): Cost -- \$600.00

The CADP Victoria Fall Program is designed to continue preparing athletes for the start of the winter season while remaining sensitive to fall sports schedules and other scholastic commitments.

- Thursday evening training groups consist of 22-26 skaters and 3-4 goalies.
- Each session includes a one hour pre-ice warm-up sequence, a 75-minute on-ice session, and a one-hour dryland training session emphasizing leg strength and quickness. (The last group of the night will often do dryland training BEFORE the scheduled on-ice practice.)
- Sunday Scrimmages -- Scrimmage groups will have 12-14 skaters and 1-2 goalies. Each scheduled scrimmage session includes a one hour pre-ice warm sequence, 75-minutes on-ice of competition and theory, and a recommended dryland session for leg training.

*We offer a special discount for multiple-athlete families who choose to sign up for both the Summer and Fall programs.

*Payment plans are available by special request made to lenny@cadpmn.com

REGISTRATION: On-line Registrations are currently being accepted. SPACE IS LIMITED, so acceptance is on a first-come, first-served basis.

- Visit www.cadpmn.com and click on the "Registration" link in the left directory. Enter your sign-up information and pay the registration fee, THEN SEND A PERSONAL E-MAIL requesting specific placement in the Victoria Program to lenny@cadpmn.com.
- Athletes will receive a confirmation letter to complete the registration process.
- Full schedules for both programs are available on the web-site under the "Locations" page.

New CADP Regional Training Site:

Victoria Field House



INTRODUCING OUR NEW COACH: ARCHIE BIFULK

Coach Bifulk joins us as a new Head Coach for the Victoria Summer and Fall Programs. During his playing career, he was an All-Conference standout for North Saint Paul High School (Class of 1995) and went on to play for St. Cloud State University (1997-2000), where he received a B.S. in Physical Education and a Minor in Coaching. Coach Bifulk gained valuable experience through coaching positions with St. Cloud State, the AAA Colorado Outlaws, the Junior A Springfield Spirit of the NAHL, and most recently with the Community Olympic Development Program in Springfield, MO. He has demonstrated outstanding knowledge in all areas of the game, including on- and off-ice training, College recruiting, communication and leadership. We are delighted by this new addition to our coaching staff. Welcome Coach Bifulk!