



# Polar Summer Hockey Dry Land Training Program

**“Train where you play!”**

This summer, North St. Paul High School in cooperation with the Girls Polar Club will be offering a six week off-ice training program to all youth hockey players. All dry land sessions will take place at Polar Arena. Players will be trained one hour a day on shooting, stick handling, skating technique and speed. The program runs Monday through Thursday on the following days:

**June 14,15,16,17, 21,22,23,24,28,29,30**

**July 1,12,13,14,15,19,20,21,22,26,27,28,29.**

**Space is limited to 30 players per group.**

_____	BANTAMS	8:00 a.m. to 9:00 a.m.
_____	BOYS MITS / GIRLS U-8	9:00 a.m. to 10:00 a.m.
_____	BOYS SQUIRTS/GIRLS U-10	10:00 a.m. to 11:00 a.m.
_____	BOYS PEEWEES/GIRLS U12	11:00 a.m. to 12:00 a.m.

Players Name: \_\_\_\_\_

Players Birthdate: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Cell Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Parent Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Parent Email: \_\_\_\_\_

**Please make checks payable to :**  
North St. Paul High School  
\$75. 00 per player

**Refer all questions to: Chris Lepper**  
**651-485-5795**

**Mail Registration to:**  
**North St. Paul High School**  
**Attn: Jed Helwig**  
**2416 11th Avenue East**  
**North St. Paul, MN 55109**