

ICE TIMES

(All ice times and Dryland are at Tartan Arena)

Squirts / 10U

	July		August	
Tues	7/07	5:45 - 6:45	8/04	5:45 - 6:45
Thurs	7/09	5:45 - 6:45	8/06	5:45 - 6:45
Tues	7/14	5:45 - 7:00	8/11	5:45 - 7:00
Thurs	7/16	5:45 - 6:45	8/13	5:45 - 6:45
Tues	7/21	5:45 - 6:45	8/18	5:45 - 6:45
Thurs	7/23	5:45 - 6:45	8/20	5:45 - 6:45
Tues	7/28	5:45 - 7:00	8/25	5:45 - 7:00
Thurs	7/30	5:45 - 6:45	8/27	5:45 - 6:45

Dryland

Will follow 15 minutes AFTER the end of each ice time and will run between 30 to 45 Minutes

Peewees / 12U

	July		August	
Tues	7/07	7:00 - 8:15	8/04	7:00 - 8:15
Thurs	7/09	7:00 - 8:00	8/06	7:00 - 8:00
Tues	7/14	7:15 - 8:15	8/11	7:15 - 8:15
Thurs	7/16	7:00 - 8:00	8/13	7:00 - 8:00
Tues	7/21	7:00 - 8:15	8/18	7:00 - 8:15
Thurs	7/23	7:00 - 8:00	8/20	7:00 - 8:00
Tues	7/28	7:15 - 8:15	8/25	7:15 - 8:15
Thurs	7/30	7:00 - 8:00	8/27	7:00 - 8:00

Dryland

Will follow 15 minutes AFTER the end of each ice time and will run between 30 to 45 Minutes

Bantams / 14U

	July		August	
Mon	7/06	9:00 - 10:00	8/03	9:00 - 10:00
Thurs	7/09	8:15 - 9:15	8/06	8:15 - 9:15
Mon	7/13	9:00 - 10:00	8/10	9:00 - 10:00
Thurs	7/16	8:15 - 9:15	8/13	8:15 - 9:15
Mon	7/20	9:00 - 10:00	8/17	9:00 - 10:00
Thurs	7/23	8:15 - 9:15	8/20	8:15 - 9:15
Mon	7/27	9:00 - 10:00	8/24	9:00 - 10:00
Thurs	7/30	8:15 - 9:15	8/27	8:15 - 9:15

Dryland

MONDAYS WILL BEGIN AT 8:10 (Please be early)
Thursdays it will follow 15 minutes AFTER the end of each ice time. Dryland will run 30 to 45 Minutes

To prevent injuries bring **WORKOUT SHOES** and **WORKOUT CLOTHES** to dryland. Failure to do so will force the player to sit out of the dryland session.

SUMMER HOCKEY CAMP

2009

NSP Summer Player Development

www.OffSeasonHockey.net



Teach proper skating stride, shooting techniques, footwork and much more at a young age so the players can build from a solid foundation

Prepare the players for the 2009-2010 season and for their upcoming tryouts.

Provide knowledge from instructors that have played hockey at high levels and share their experiences with the players

Improve skills in all areas of the game, both offensive and defensive

Teach the players the importance of dry land training and how to properly train for hockey in the Off Season

To show the importance of the mental aspects of the game

The players will get a chance to understand the importance between smart positioning vs. bad positioning and good angles vs. bad angles

Provide a strong work ethic that players can bring into their next season

HAVE FUN!

All we ask is that the player comes ready to work hard and have a good time on the ice and in dryland

Instructed by Steve Czech and Chris Toll



Boys and Girls
 (Squirts-10U) (Peewees-12U) (Bantams-14U)
 Register for level playing in 2009-2010 season

ADDED HOURS THIS YEAR

16+ hours of on ice training
 16 dry land training sessions

ON ICE includes over speed training, stick handling, passing/receiving, checking, shooting, fun games, conditioning, offensive and defensive tactics

OFF ICE training includes agility drills to help improve SPEED, plyometrics to build muscle STRENGTH and conditioning to improve ENDURANCE.

All ice sessions and dryland are held at Tartan Arena
 July 6 - August 27
 (ice times are on the back)

Why?

NSP Summer Development Program participated in the SHC 2009 camp to give the players of NSP a high level of training at an affordable price.

Cost: \$175 Skaters
 \$50 Goalies

\$100 down to reserve a spot (Non-Refundable),
 rest due by June 1st

To reserve your spot sign up early
 Spots fill up fast

First 25 kids per group to sign up get a free SHC
 T-shirt

Limited to 33 skaters & 4 goalies per level

For more information contact,
 Steve Czech Sr. - 651-592-7262

Instructors

Steve Czech

3 Seasons in the ECHL
 (Florida Everblades)
 4 Seasons in the WCHA
 (University of Minnesota - Duluth Bulldogs)
 2 Seasons in the USHL
 (Topeka - Rochester - Waterloo)
 High School
 (Hill-Murray Pioneers)
 Youth Hockey
 (Tartan Titans / NSP Polars)

Chris Toll

North St. Paul "A" Peewee Coach
 4 Seasons in the WCHA
 (Minnesota State Mavericks)
 2 years in the USHL
 (Tri-City Storm)
 High School
 (Hill-Murray Pioneers)
 Youth Hockey
 (Tartan Titans)

Matt Czech

North St. Paul "A" Peewee Coach
 4 Seasons in the MIAC
 (St. John's University Johnnies)
 High School
 (Hill-Murray Pioneers)

Guest instructors

(Based on their schedules with their hockey programs)

Tim Hambly

4 Seasons in the AHL
 (Rockford - Quad City - Omaha)
 4 years in the WCHA
 (University of Minnesota - Duluth Bulldogs)
 High School & Youth Hockey
 (White Bear Lake Bears)

Brett Hammond

4 Seasons in Europe, ECHL, CHL
 (Nauheim EC - Colorado Eagles - Fresno)
 4 Seasons in the WCHA
 (University of Minnesota - Duluth Bulldogs)
 2 Seasons in the USHL
 (Green Bay Gamblers)
 High School & Youth Hockey
 (Roseville)

(There will also be Varsity High School, College and Pro players attending based on their schedules)

Player Registration

 Association/Organization

 First and Last Name

 Address

 City, Zip

 Phone

 Birthday

 E-mail Address

Level: (Circle One)	T-Shirt Size (Circle One)
(Squirt-10U)	(Small)
(PW-12U)	(Medium)
(Bantams-14U)	(Large)
(Goalie) level _____	(XL)

Cost: Skaters \$175 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