

For Who:  
Boys and girls from NSPAHA.  
This is a Co-Ed Camp.  
(Squirts-10U) ( Peewees-12U)  
(Bantams-14U).  
Register for level playing in  
2006-2007 season.

What do you get?  
13+ hours of on ice training.  
13 hours of dry land training.  
On ice includes over speed  
training, stick handling,  
passing/receiving and fun games.  
Dry land 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 11-Aug 31.  
See level schedule for your level  
Ice time. Dry land follows ice  
time.

Why: To give the players (boys &  
girls) of NSPYHA a high level of  
training at an affordable price.

Cost: \$150.00 Skaters  
\$50.00 Goalies  
Limited to 30 skaters & 4 goalies  
Instructors:  
Scott Steffen Training and His  
Staff.

More information contact,  
Steve Czech 651-777-0635

Registration: Players information.

Name\_\_\_\_\_

Address\_\_\_\_\_

City , Zip\_\_\_\_\_

Phone\_\_\_\_\_

Birthday\_\_\_\_\_

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

Cost \$150 Goalies \$50  
Make checks payable and send to  
Summer Hockey Camp  
Steve Czech  
6271 46<sup>th</sup> St N  
Oakdale, MN 55128

The administration, Scott Steffen  
and His Staff, are not liable for  
any injuries that may occur in any  
part of this program.

Sign\_\_\_\_\_

Date\_\_\_\_\_

Ice times all at Tartan Arena

Squirts / 10U

7/13 5:45 - 6:45

7/18 5:45 - 7:00

7/20 5:45 - 6:45

7/25 5:45 - 6:45

7/27 5:45 - 6:45

8/03 5:45 - 6:45

8/08 5:45 - 7:00

8/10 5:45 - 6:45

8/17 5:45 - 6:45

8/22 5:45 - 6:45

8/24 5:45 - 6:45

8/29 5:45 - 7:00

8/31 5:45 - 6:45

Pewees /12U

7/11 5:45 - 6:45

7/13 7:00 - 8:00

7/20 7:00 - 8:00

7/25 7:00 - 8:15

7/27 7:00 - 8:00

8/01 5:45 - 7:00

8/03 7:00 - 8:00

8/10 7:00 - 8:00

8/15 5:45 - 6:45

8/17 7:00 - 8:00

8/22 7:00 - 8:15

8/24 7:00 - 8:00

8/31 7:00 - 8:00

Bantams/14u

7/11 7:00 - 8:15

7/13 8:15 - 9:15

7/18 7:00 - 8:15

7/20 8:15 - 9:15

7/27 8:15 - 9:15

8/01 7:00 - 8:15

8/03 8:15 - 9:15

8/08 7:00 - 8:15

8/10 8:15 - 9:15

8/15 7:00 - 8:15

8/17 8:15 - 9:15

8/24 8:15 - 9:15

8/29 7:00 - 8:15

8/31 8:15 - 9:15

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

# SUMMER HOCKEY CAMP 2006

FOR  
North Saint Paul  
Youth Hockey

Instructed by  
**Scott Steffen & Staff**