



PA HOCKEY STP 2016

SUMMER HOCKEY TRAINING PROGRAM

2015-2016 GRADES: 8-12

June 13 - July 28 (July 2-8 No-Ice or Training)

Dryland/Strength 11:00 am - 12:00 pm (Mon/Tues/Wed)
On-Ice 12:30-2:00 pm at PIC RINK C (Mon-Thursday)

24 Sessions - 36 Hours On-Ice - 18 Hours Dryland/Strength

COST: \$800 Per Player

COST: \$300 Per Goalie

WHY PROVIDENCE SUMMER HOCKEY TRAINING PROGRAM?

In 2016, we are adding one day of ice each week and adding three days of dryland/strength training per week. The June/July STP is designed to be a complete hockey development program. We believe June/July is where our players can and should make significant physical gains. Every off-season is an opportunity to get better! Our teams need to get stronger and more explosive to be able to finish off opponents in the 2016-2017 season.

***36 Hours of On-Ice Skills, Shooting and Scoring Training**

***18 Hours of Dryland/Plyos/Strength Training**

54 HOURS OF GREATNESS



REGISTRATION

Player Name:

Position:

Last Team Played For:

Shoots Left/Right:

Parent/Guardian: _____

School _____

Grade in the Fall _____

Phone (1)

Phone (2)

Player Cell Phone

Player E-mail

Parent E-mail (1)

E-mail (2)

I hereby grant permission to the staff to act for me, according to their judgment, in case of any emergency requiring medical attention. I release the camp staff and Providence Academy from any and all liabilities for injuries incurred while participating at camp.

Parent /Guardian Signature

Date

Make Checks Payable to: Launch Hockey

Mail registration and fees to:

Launch Hockey
Att: Joe Jensen
5225 Forest Road
Minnetonka, MN 55345