

Minnehaha United Girls Summer Hockey Camp



For: All 7th-12th grade girl hockey players who currently attend or may be attending Minnehaha Academy, St. Agnes, DeLaSalle, Providence or St. Croix Lutheran High School

On Ice: Highland Arena, St. Paul

Mondays & Wednesdays, 6:40 - 7:40 am

12 On-Ice Practices

June: 5, 7, 12, 14, 19, 21, 26, 28

July: 17, 19, 24, 26

Bonus Scrimmage vs. CDH on June 25 @ 6:50 PM @ Highland



Dry Land: Highland Arena (Mon. and Wed.)

Mondays and Wednesdays after Practice at Highland, 8:00-9:00 AM

Select Tuesdays at Minnehaha Ice Arena, Times and Dates TBD

10+ Dry Land Sessions

June: 12, 14, 19, 21, 26, 28

July: 17, 19, 24, 26

Dry-land training will emphasize shooting and stick-handling as well as exercises promoting agility, balance, and strength.

- Improve your skating, stick-handling, passing, and shooting skills!
 - Become stronger, faster, and more balanced!
- Spend time with your teammates and push each other to get better!

Head Camp Instructors: Dan Berthiaume & Evan Ziegler

Cost: \$350.00

Goalies: \$200

Minnehaha United Girls High School Hockey Camp

Please fill out the registration page below.

Name: _____

Address: _____

City: _____ State: _____ Zip _____

Grade: _____ 2014-2015 Team: _____

2015-16 High School _____

Parent(s)/Guardian(s): _____

Parent(s)/Guardian(s): _____

Parent Phone Number: _____

Parent Email: _____

Student Email: _____

Permission Waiver

I/we give my permission for _____ to participate in the Custom Kamps High School Summer Hockey Camp. My child is healthy and under no physical restrictions. I/we know that participation in this clinic may result in serious injury and protective equipment does not prevent all injuries to players and do hereby waive, release, absolve, indemnify, and agree to hold harmless Clinic Coaches or anyone involved with Custom Hockey Camp, supervisors, participants and persons transporting my/our child to and from activities for any claim arising out of injury/injuries to my/our child whether the result of negligence or for any other cause.

Parent /Guardian Signature: _____

Date: _____

Please make check for \$350.00 payable to:

Custom Kamps

Please send registration and check to:

1308 Juliet Ave.

St. Paul, MN 55105