



ROGERS GIRLS YOUTH HOCKEY SUMMER TRAINING PROGRAM (STP)

It is hockey time again. This will be our 2nd summer of offering the Rogers Youth Girls Hockey STP Program. This program was a great success last summer and had many positive comments made about its instruction and positive atmosphere. This summer's training camp is designed for all **YOUTH** girl hockey players who are looking to become better all around hockey players. It will give girls the opportunity to train during the summer, improve their hockey skills and become familiar with what is expected at higher levels of youth hockey. We will focus on skating skills, hockey skills and small area games to improve all aspects of a hockey player's game. This is my 13th Summer of running High School and Youth Hockey Schools. (STP)

INFORMATION:

Who is eligible for summer the program:

- All girls who are eligible to play 8U,10U, 12U Girls Hockey.
- Please call me with any questions on any other players who may want to attend, New Skaters Welcomed

Fee: \$250 per player, 15% family discount for families that register more than one child in either session.

Half payment is required with each registration and is due by April 16th 2010. Final Payment is due on or before June 14th before you will be allowed to take the ice.

Program includes: Instructional time, Dryland training, Shooting Range, STP practice hockey jersey and scrimmages against other teams or inter-team scrimmages.

Safety: Participants are required to supply all protective equipment recommended by USA Hockey.

STP Staff: Rogers High School Girls Hockey Coaching Staff (and players as available).

The program consists of: 21.25 hours of ice, 13 hours of dryland training. In addition, there will also be added scrimmages. The scrimmage ice is in addition to the 21.25 hours of ice. We added 4 + Hours of ice this summer

Dates:

June 14th Ice: 2:00-3:15 Dryland: 3:30-4:15	June 16th Ice: 2:00-3:15 Dryland: 3:30-4:15	June 17th Ice: 2:00-3:15 Dryland: 3:30-4:15
June 21st Ice: 2:00-3:15 Dryland: 3:30-4:15	June 23rd Ice: 2:00-3:15 Dryland: 3:30-4:15	June 24th Ice: 2:00-3:15 Dryland: 3:30-4:15
June 28th Ice: 2:00-3:15 Dryland: 3:30-4:15	June 30th Ice: 2:00-3:15 Dryland: 3:30-4:15	
July 12th Ice: 2:00-3:15 Dryland: 3:30-4:15	July 14th Ice: 2:00-3:00 Dryland: 3:30-4:15	July 15th Ice: 2:00-3:00 Dryland: 3:30-4:15
July 19th Ice: 2:00-3:15 Dryland: 3:30-4:15	July 21st Ice: 2:00-3:15 Dryland: 3:30-4:15	July 22nd Ice: 2:00-3:15 Dryland: 3:30-4:15
July 26th Ice: 2:00-3:15 Dryland: 3:30-4:15	July 28th Ice: 2:00-3:15 Dryland: 3:30-4:15	July 29th Ice: 2:00-3:15 Dryland: 3:30-4:15

Scrimmages TBD in June and July. There will be up to 3 scrimmages depending upon availability of other teams to play.

Ice Time and Dryland Training Location:

RAC arena in Rogers and Rogers High School

****Equipment storage space available****

**MAIL TO:
Jim Koltes
Rogers Girls Hockey School
9265 Lakeside Trail
Champlin, MN 55316
612.961.3410 (C) 763.323.7236 (H)**



ROGERS GIRLS YOUTH HOCKEY SUMMER TRAINING PROGRAM (STP) REGISTRATION FORM

Description of each of the activities:

1. **ON ICE/ICE TIME: @ RAC**
 - Skating techniques, over speed drills and power skating.
 - Shooting, shot selection and power shooting skills.
 - Stick handling and puck control/carrying
 - Passing skills
 - Specific offense and defense drills
 - Learning different hockey strategies and systems
 - Scrimmaging inter-squad/other youth teams
 - Conditioning

2. **DRYLAND TRAINING: @ RAC and Rogers High School**
 - Shooting
 - Plyometrics and Speed Training
 - Stick handling
 - Games & Floor Hockey
 - Passing and Receiving

Please Note: Training times will be kept as much as possible to Mondays, Wednesdays and Thursdays. However, scrimmages will be scheduled when time is available. Sorry for any inconvenience, there is just NO way around it. The scrimmages will be announced. The calendar will be posted on the Rogers Girls Hockey Website www.rogersroyalshockey.org or e-mail me at koltesj@district279.org and I will send you a copy

Jim Koltes is the current Head Coach for the Rogers Girls High School Hockey Team

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|---|----------------|
| • Rogers Girls Head Hockey Coach 2008-Current | 2 Years |
| • Maple Grove Girls Head Hockey Coach 1998-2008 | 9 Years |
| • Cooper Girls Head JV/Varsity Assistant Coach 1996-1998 | 2 Years |
| • Current Section 5 A section representative MGHCA former 6AA rep | 7 Years |
| • MSHSL State Tournament Selection Committee | 5 Years |
| • MGHCA Mentorship Committee Co-Chair for Girls Hockey | 2 Years |
| • MGHCA Junior Festival Coach and Senior Classic Coach | Multiple Years |
| • USA Hockey Certified Level 3 | 11 Years |
| • Minnesota State Coaching License from SCSU | 15 Years |

Other STP Staff: Scott Childers (Asst Coach RHS Girls Hockey), Haley Balcom (JV/Varsity Asst Coach RHS Girls Hockey), Heidi Thorndal (JV/Varsity Asst Coach RHS Girls Hockey), Alumni and former College Players.

PLEASE RETURN WITH PAYMENT

Name _____ Address _____

City/State/Zip _____

Level Played Last Year _____ GRADE for 2010-2011 _____

Position _____ E-mail Address _____

Emergency phone # and Contact _____

Make Checks Payable to: "STP Hockey" _____ Amount enclosed _____