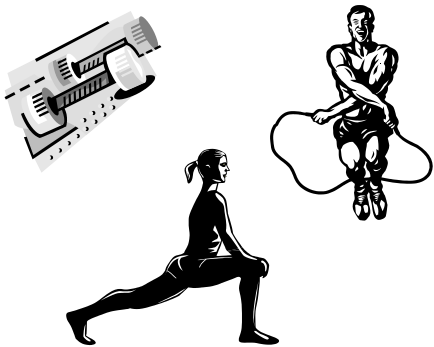
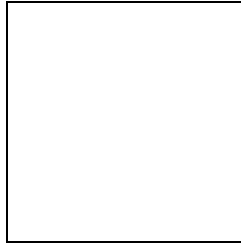

Program highlights

The Rogers Royals SCP - P Off-Season Hockey Program is a localized On- and Off-Ice hockey training program for individuals entering the Bantam Level and/or High School Level. The Program is designed to provide a comprehensive, high quality, on-ice and off-ice curriculum and instruction which helps players reach their full potential as hockey players. The Program focuses on Functional and Physical Strength, Speed, Agility and Flexibility.



RYHA
PO Box 35
Rogers, MN 55374



Rogers Royals

STRENGTH & CONDITIONING PROGRAM-PLUS

**On-Ice and Off-Ice Bantam/High
School Program**



JUNE 14TH – September 30th
At
The Rogers Activity Center





Sign-up Form

Sign up for:

Price

- | | |
|--------------------------------------|----------|
| <input type="checkbox"/> Bantam | \$500.00 |
| <input type="checkbox"/> High School | \$500.00 |

Name _____ Age _____

Address _____

City, State _____ Zip _____

Parents Names _____

Daytime Phone #: _____

Emergency Contact:

Name _____ Phone # _____

Special health conditions: _____

Health Insurance Co. _____

Policy # _____

I hereby acknowledge that my child is medically fit to participate in the Summer Strength & Conditioning Program. I authorize the staff to secure any medical treatment deemed necessary and waive and release the Summer Strength & Conditioning Program, all staff members and the Rogers Youth Hockey Association from any and all liabilities associated with my child's participation.

SCP-P Program Highlights

The Rogers Royals Strength & Conditioning Program will be directed by the coaching staff of the Rogers Boys High School Hockey Program. This Program is designed to provide a comprehensive on-ice and off-ice development of technical, physical and mental hockey skills. We will accomplish this by:

- ✓ Providing a high quality curriculum and instruction that includes measuring and /or evaluating the progresses of the individual;
- ✓ Providing a training sequence and phase progression which leads to skills development, enhancement of athletic skill and agility, and; competitive education and training techniques;
- ✓ Providing for a localized off-season training program which enhances the overall quality of Rogers Royals Hockey by providing individuals locally with more development opportunities;
- ✓ Focusing on individual development and readiness/preparedness of the athlete for playing at the High School Level and beyond.

The Strength & Conditioning Program - Plus will include 15 plus weeks of Training of on-ice development and off-ice Strength & Conditioning dryland training. The off-ice Program will have a greater focus on Functional Strength (i.e., quick feet and agility; speed development; resistance and overspeed training; flexibility training, and; plyometric and aerobic/anaerobic workouts), as well as Physical Strength components in a Weight Training Program in addition to Functional Strength components.

Schedule

June 14th - September 30th

Off-Ice

M, W

On-Ice

T, TH

Bantams /	6:30pm-8:30pm	3:30pm-5:45pm
High School		(through 8/26)
	F	
	10:00 - 11:30 am	

***Off-Ice includes Weight Training and Dryland**

***Schedule/Times subject to change**

***Price is based on Minimum Participation sign-up**

For more information contact:

Tim Marchand

763-428-0150

Make checks payable to RYHA
Mail registration along with payment to:

Tim Marchand
21404 Pointe Drive
Rogers, MN 55374

