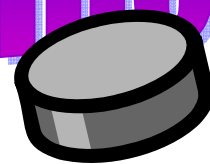




# Bison Blueline

May 2007



## Congratulations to the following newly elected BYHA Board of Director Members:

**John Conner  
Bob Furneisen  
Leslie O'Neill  
Cathie Rutherford**



## Buffalo Bar and Grill

Please take time in April and May to make extra visits to Buffalo Bar and Grill for lunch, dinner and any other time you go out. BB&G appreciates our business and BYHA would like to continue showing them we appreciate their support of our players!!

## Hall of Fame Nominations:

The Buffalo Hockey Hall of Fame Committee is soliciting nominations for candidates to be considered for the Class of 2007. Nominees should have contributed in a significant manner to the programs growth and success.

Nominees are sought in four categories:

- 1) Athlete
- 2) Coach
- 3) Administrator, or
- 4) Volunteer

To nominate a candidate please send the following information:

- Name
- Address
- Telephone Number
- Outline of the Nominees Contributions to the Program

To: Chris Bonnell  
BYHA Hall of Fame Committee Chair  
510 Greenbriar Lane  
Buffalo, MN 55313

NOTE: In order for nominations to be considered for this year's cycle, they must be received by May 31, 2006.

## NEEDED: HOC Positions

The Hockey Operations Committee (HOC) is looking for BYHA members to fill the following positions:

These are 2-year positions (beginning May 2007).

- Tryout Director (coordinates all tryout activities and personnel, attends monthly HOC meetings);
- Girls Director (communicates to girls teams, schedules tournaments, attends monthly HOC meetings)
- A/B Director (schedules all tournaments for A & B teams, attends monthly HOC meetings)
- Ice Coordinator (coordinates and directs ice scheduling committee with district, tournaments, skills sessions, tryouts and works with the City of Buffalo and treasurer for billing accuracy, attends monthly HOC meetings)

Anyone interested in applying for one of these positions should contact Bob Jernberg to obtain an application form.

## Administrative Board meetings!

During the summer months (May, June, July, August and September), BYHA board meetings meet the second **TUESDAY** of each month at 7:00 PM at the Buffalo Civic Center.

The Board of Administration invites all BYHA members to attend.

Please call the President two (2) weeks before the meeting to be placed on the agenda.





## Announcing...



### S.K.A.T.E. (*Skaters Keep Achieving Through Education*)

All 2007 S.K.A.T.E. qualifiers should mark their calendars for Sunday, April 29th for the S.K.A.T.E. Awards and Pizza Party celebration for all of our qualifiers. NOTE: BYHA S.K.A.T.E. qualifiers for 2007 will be published in next month's newsletter, as they were available at publication time.

The celebration starts at 12:00 noon and runs until 3:00 pm. Please remember that only SKATE qualifiers can participate.

Players needed to maintain a 3.0/"B" grade point average or better during each grade reporting periods (or an "S" average where "A" to "F" grades are not used). No incomplete grades are allowed during the grading period.

Everyone who submitted a report card has qualified, unless you received a call from Missy Otten.

Please contact Missy Otten at 763-684-0513 with any questions regarding the S.K.A.T.E. program.

**Congratulations to everyone that qualified this year!**

### Dean Schmidt

All of BYHA would like to extend their prayers and well wishes to Dean Schmidt and his family as they fight their way to a cure for Dean's cancer.

Chris and Joni Bonnell are organizing assistance for the Schmidt household, including but not exclusive of meal preparation, errands, driving, housework, etc. If you would like to help, please contact the Bonnells at 763.684.1366.

### Buffalo Days

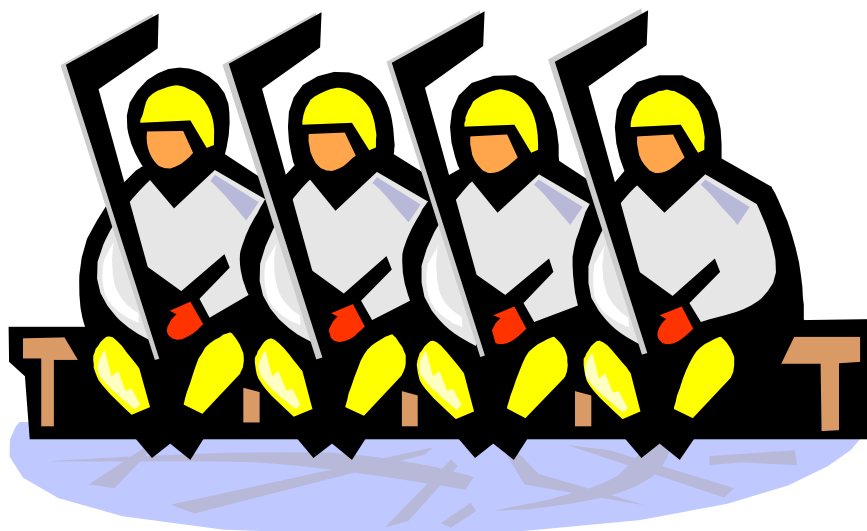
BYHA will be participating in Buffalo Days two (2) separate ways this year.

Just as we have done in years past, we will have a shooting station in the park.

Additionally, BYHA will have a float in the parade this year. More details to come in the next newsletter.

If you have any questions about either of these events, contact Brenda McDonald at 763.684.1338.

Be sure the MARK YOUR CALENDERS!!



### Word of the Month

***Honor!!***



# BYHA Administration



BOARD OF DIRECTORS		
Position: Name	Phone	Term Expires
President: Tom Crane	763.639.8723	April, 2008
Secretary: Cathie Rutherford	763.682.5301	April, 2010
Treasurer: Pam Thomas	763.684.1774	April, 2008
Director: John Conner	763.684.1782	April, 2010
Director: Bob Furneisen	763.682.3841	April, 2010
Director: Scott Goodmanson	763.682.5512	April, 2009
Director: Brenda McDonald	763.684.1338	April, 2009
Director: Leslie O'Neill	763.497.0094	April, 2010
Director: Steve Pearson	763.682.7775	April, 2009
Director: Donnie Thompson	763.682.0238	April, 2008

HOCKEY DEVELOPMENT BOARD		
Position: Name	Phone	Term Expires
Vice President / ACE Coordinator: Bob Jernberg		May, 2008
Boy's High School Coach: Mike MacMillan	612.247.0507	—
A/B Director: Jim Rooney	763.684.0639	May, 2007
C Director: Ken Basten	763.682.9006	May, 2008
Coaching Director: Dan Ogdahl	763.682.0706	May, 2008
Girls Director: Kirsten Tappe	763.682.1415	May, 2007
Ice Director: Tom Crane	763.639.8723	May, 2007
Initiation Director: Tom McDonald	763.684.1338	May, 2008
Summer Director: Bill VanBergen	763.682.1624	May, 2008
Tryout Director: Bruce Bartl	763.682.0653	May, 2007

VOLUNTEERS	
Position: Name	Phone
D5 Rep: Steve Pearson	763.682.7775
Metro Rep: Bill Vollbrecht	763.498.7261
Equipment Manager: Eric Lindvall	763.498.7931
Fundraising Coordinator: Cathie Rutherford	763.682.5301
Marketing Coordinator: <b>OPEN</b>	
Picture Coordinator: Kris Thompson	763.682.0238
Purchasing Coordinator: Tom Crane	763.639.8723
Registration Coordinator: Ann Russett and Angie Lithgow	763.498.7889 763.286.4269
S.K.A.T.E. Coordinator: Missy Otten	612.282.5848
Sponsor Coordinator: Scott Goodmanson	763.682.5512
Initiation Level Team Manager Coordinator: <b>OPEN</b>	
Squirt and Above Level Team Manager Coordinator: Jen Morningstar	612.860.0193
Tournament Coordinator: <b>OPEN</b>	
Volunteer Coordinator: Monica Kunkel	763.682.6391
Website Administrator: Dean Schmidt	952.484.9279
Billing Managers: Kari Magaard ( <i>Girls</i> ) Traci Hanson ( <i>Mini-mites</i> ) Amy Jewett ( <i>Bantams</i> ) Biz Coudron ( <i>Squirts</i> ) Barb Renshaw ( <i>Pee Wees</i> )	763.477.4069 763.682.8968 763.477.6895 763.498.7333 763.315.8745





## April Board Meeting



- **Gambling Report:**

- February total income was approximately \$25,000. Expenses are still elevated due to working on amending past tax returns.

- March was very good as well with much fewer expenses.

- Expenses will be down next month.

- Gambling has a CD for \$32,000 that is maturing next month. With board approval we will cash the CD to pay bills. Whatever is not used can be reinvested after expenses are paid. Donnie motioned to cash the CD; Brenda seconded; motion carried unanimously.

- We met with the Gambling Compliance Board late February. They revoked our license at J's for the next two years and suspended our gambling operation at Buffalo Bar & Grill for the next 30. Over the past 18 months it turns out that Buffalo Bar and Grill has been virtually making all of the profits; Jays Down Under has been losing money. Therefore, we will closing down Jays Down Under and will suspend operations at Bar and Grill for 1 month (last half of April and 1<sup>st</sup> half of May).

- Additionally we will have BINGO closed down and cannot hold any kind of raffle for 2 years.

- Cathie will contact families that did not satisfy their raffle-ticket obligation and remind them they need to reimburse the gambling fund (\$20 per child).

The meeting was called to order at 7:06 PM.

- **President's Report:**

- Tom thanked our outgoing board members: Bruce Bartl, Jim Otto, Cathie Rutherford, and Bill Vollbrecht for their hard work and leadership during their BYHA Administrative Board tenure.

- Dave Callicott thanked the Board for their support for the Jr. Gold team and their experience this past year. The Board offered their congratulations on their experience at State (4<sup>th</sup> place).

- Eric Lindvall and Pat Benson are approaching the Hanover Athletic Board regarding BYHA.

- Thona requested \$1457.73 for additional funds for quarterly employment expenses. Donnie motioned to approve this amount; Scott seconded the motion; motion carried unanimously.

- Cathie motioned to approve \$36,000 for gambling for next month; Donnie seconded; motion carried unanimously.

- **Secretary's Report:**

- Jim motioned to approve the meeting minutes from March's newsletter; Bill seconded the motion; motion carried unanimously.

- **Treasurer's Report:**

- Pam is working on getting the final billing ready. She will be mailing out hard-copy bills to those families

that do not have email.

- Billing duties may be separated from the Treasurer position. Tom and Pam will discuss this further.

- **Registration Report:**

- Ann Russett and Angie Lithgow will be heading up the Registration process, along with Brenda McDonald's assistance.

- John Conner mentioned an idea of a Hockey Expo as a fundraising opportunity at registration. This will be discussed further later.

- **Tournament Report:**

- There are some people that are interested in filling in the Tournament Coordinator position as Kari Magaard exits from this position.

- The Board thanked Kari Magaard for her fantastic job the past 2 years.

- Tom also thanked those that ran the State tournament and March squirt tournament.

- **Manager Report:**

- N/A

- **Equipment Report:**

- Reversible jersey subject was discussed and will be put off until another season.

- Equipment and jersey return is currently occurring.

- **District 5 Report:**

- The usual officer's reports were made without incident.

- Treasurer's report, total fund balance as of 03-31-07 is \$19,550.61.

- A big thanks to all of the volunteers who worked tournaments during the season.

- Squirt final standings were handed out.

- The new by-laws have passed and are in effect.

- Tournament calendar was handed out.

- This was a very short meeting. Next meeting will be in August.

- The issue of Buffalo requesting a rule change in play was raised. The final response to Buffalo was that Buffalo is playing in D-5 from here on out.

- **Metro Report:**

- Reviewed the past season at their last meeting. The annual coach's season-ending meeting was held 2 weeks ago.

- The 16U group has reduced in the past years and will be addressed in the near future.

- The Metro League board discussed how associations that have more than 1 team divide their players.

- Bill volunteered to stay on as the BYHA Metro League representative. The Board graciously accepted this offer.



## April Board Meeting



- **Hockey Operations Report:**

- Jim motioned to cover the costs (\$682) associated with USA-sponsored conference in Chicago for HOC directors; Scott seconded; motion carried unanimously.

- **Sponsor Report:**

- Next season BYHA will be accepting sponsorships through October 1<sup>st</sup>.

- **Fundraising Report:**

- The next Fundraising event is the Family Fun Night, which is scheduled for this summer. Kim Wahl is heading this effort up; Stephanie Golden is assisting her with this. Brenda will find out what dates work for this event.

- The golf event needs to be scheduled.
- Cathie will schedule a fundraising committee meeting to discuss various fundraising options.

- **Marketing Report:**

- The Marketing Coordinator position needs to be filled with the exit of Bruce Bartl from the Board. Interested persons should contact either Cathie or Tom.

- **Old Business:**

- N/A

- **New Business:**

- The Board wanted to thank Monica Kunkel for her

wonderful job as volunteer coordinator. Her ideas and organization has been a fantastic help!

- During May – September Board meetings will be scheduled for the second Tuesday night of each month at 7:00 pm.

- Election results for new Board Members: John Conner, Bob Furneisen, Leslie O'Neill, and Cathie Rutherford

- **Public Forum:**

- Dan Frump presented to the board regarding an annual scholarship that BYHA has contributed towards for Buffalo High School graduation. BYHA has donated towards 2 scholarships: (1) the Don Peterson scholarship; and (2) a hockey-related scholarship.

- After some discussion that funds were available for this expense, Cathie motioned to contribute 2 - \$1000 scholarships; Brenda seconded the motion; motion carried unanimously.

- **Attendees:**

Tom Crane, Scott Goodmanson, Brenda McDonald, Jim Otto, Cathie Rutherford, Pam Thomas, Donnie Thompson, Bill Vollbrecht, Thona Olson, John Conner, Bob Furneisen, Leslie O'Neill, Dan Frump

- **Absent Board Member(s):**

Bruce Bartl, Steve Pearson

The meeting was adjourned at 8:48 PM.



## Gambling Report

### CURRENT Gambling Report:

Revenues and Expenditures - regulatory basis - for the seven months ending February 28, 2007	
Total Revenues:	384,803.78
Less: Total Allowable Expenses:	-177,731.84
Less: Total State Gambling Tax:	<u>-171,083.76</u>
Excess Revenues over Expenses:	35,988.18
Less: Total Lawful Purpose Expenditures:	<u>-0.00</u>
Revenue Over <Under>:	35,988.18 =====
Profit Carryover This Month:	46,325.87 =====





## Bison Bits



As I am typing this issue of Bison Bit's and looking outside, I hope everyone is taking advantage of the great weather!

On a personal note, on Sunday I was sure proud to be a Bison when I saw and heard of all the volunteer's who were at the Schmidt house chipping in to help out with the yard work and finishing the deck for Terri and Dean while they fight the battle against Dean's cancer. It is amazing what a team can do when everyone is working together and moving forward.

### Proud Of:

This past season there was a lot to be proud of with our players and former players in our program. This weekend in Plymouth we had 6 Bison players participating in the Minnesota Hockey 16/17 Festival.

16's: Alec Ackmann  
Zach Blaisdell  
Mike Ortenblad

17's: Cole Meyer  
Josh Gaughan  
Luke Marty

This winter David Marshall (Quinepiac) played for the ECAC championship's finishing second. Adam Meyer and the Fayetteville Fireant's are playing in the finals of the SPHL Championships against Jacksonville and lead the series 2-1.

Senior Ross Trousdale was selected to participate in the Chicago Showcase this weekend. Ross was selected after making the Section 8 team which played in the Minnesota Hockey Great 8.

### Off-Season Training:

Dynamic Skating is half-way finished. We ended up having a great turnout. All players were timed and video-taped in the beginning, and will be again at the end of the program, to evaluate improvement on time and technique.

STP is just around the corner; we are excited about the start. This summer we will be bringing in guest coaches to work with players on specific areas i.e: Checking, Shooting and Defense to name a few.

Also, David Marshall and other Junior A and College players will be back to lend a hand over the summer with the players.

Coaches Reinholz and Dahloff are fired up to get going this summer.

Should you have any questions, just give Coach MacMillan a call at 612-247-0507.

A copy of schedule and registration forms are included.

### SSA

All Bantam and HS boys and girls are encouraged to participate in Speed, Strength and Conditioning with Minnesota Wild Strength Coach Kirk Olson again this summer at the arena.

See You at the Rink!

Coach Mac



# Buffalo Youth Hockey Association

P.O. Box 184  
Buffalo, MN 55313








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Tom Hanson Dental			
 Mark Olson Agency			

# **BISON “STP” SUMMER HOCKEY - 2007**

## **TRAINING PROGRAM**

### **OBJECTIVE:**

To develop Buffalo Youth Hockey players to their fullest potential, during a 6-week intense training program in Buffalo. The program will be a cost effective opportunity for our players to train in their community, with highly motivated and qualified coaches.

### **THE PROGRAM:**

Using the USA/MN Hockey Satellite Training model the Bison players will be trained over a 6 week period of time, incorporating skill development, dryland training, overspeed, mental/ social development, game strategies and thinking aspects of the game.

Each player will have the opportunity to work on their skills over a 6 week period of time which is proven to be a much more effective way to train than the traditional 1 week hockey schools.

This summer program will include two very important pieces that most off-season hockey schools don't include and will give our players the opportunity to develop quicker than others players from different programs. We will include dryland sessions for all players including Mites, in addition each player will be able to participate in POND HOCKEY, to assist in developing their thinking and reading and reacting skills.

### **THE STAFF:**

The staff will include skilled teachers of the game with the ability to teach the proper skill development necessary to improve and get to the next level. Mike MacMillan Head Coach will Coordinate the camp. On-Ice directors will be Jerrod Reinholz and Jon Waibel, Bob Driver along with Tom Peart. The Bison Head Girls Coaches Ray Dahlof will coordinate the girls sections. The staff will also include current and former Bison, as well as both the girls and boys high school staff. Youth staff will be used throughout the school to encourage and foster development of our youth staff. In 2007 we will also be bringing guest expert coaches to work with the players. We have also teamed with, The Mental Edge, to work with all players on goal setting and performance enhancement throughout the summer.

### **ADVISORY BOARD:**

An advisory board assists coordinator to make sure all components will be included to make the Bison Summer Experience the best for all players.

### **SKILL SETS:**

The skills that are going to be worked on in STP over the summer will vary but encapsulate over a six week period of time what players would get at individual training programs.

Hand Skills: Passing, shooting, stickhandling

Skating: Acceleration, over speed, power skating, balance, stride and power

Off-Ice: Quickness, flexibility, strength, balance, passing, shooting, stick-handling

Tactical Skills: Situational tactics i.e., 1 on 1, 2 on 1, 3 on 2's

Positional: Goaltending, defenseman, and forward

Game Situations as well.



## BISON SUMMER “STP”

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
<b>On-Ice Training – June 18<sup>th</sup> – June 28<sup>th</sup></b>							
8:00 - 9:30 am	B		B	B			
9:45 - 11:15 am	P		P	P			
11:30 - 12:45 pm	HSG		HSG	HSG			
1:00 - 2:00 pm	S1			S1			
2:15 - 3:30 pm	G			G			
3:45 - 5:00 pm	HSB1	HSB1		HSB1			
5:15 - 6:30 pm	HSB2	HSB2		HSB2			
6:45 - 7:45 pm	S2	M	S2	M			
<i>Off-Ice Training to follow on-ice for 1 hour on Thursdays-Performance Training on 6/18, 6/28, 7/19 for PW/Bant/HS check schedule for times.</i>							
<b>STP – Will Break for the Week of July 4<sup>th</sup> (July 2<sup>nd</sup> – July 8<sup>th</sup> )</b>							
<b>On-Ice Training – July 9<sup>th</sup> - August 3<sup>rd</sup></b>							
8:00 - 9:30 am	B		B	B			
9:45 - 11:15 am	P		P	P			
11:30 - 12:45 pm	HSG		HSG	HSG			
1:00 - 2:00 pm	S1			S1			
2:15 - 3:30 pm	G			G			
3:45 - 5:00 pm	HSB1	HSB1		HSB1			
5:15 - 6:30 pm	HSB2	HSB2		HSB2			
6:45 - 7:45 pm	S2	M	S2	M			
<b>Pond Hockey June 24<sup>th</sup> - August 5<sup>th</sup> (No Pond Hockey July 1<sup>st</sup> and July 3<sup>rd</sup> )</b>							
4:00 - 5:00 pm							M
5:15 - 6:15 pm							S
6:45 - 7:45 pm							P
8:00 - 9:00 pm		G					HSB
9:15 - 10:15 pm		B					HSG

**Groups:** HSB = Boys High School  
HSG = Girls high school & U14  
G = Girls U12/U10's  
B = Bantam  
P = Pee Wee  
S1 = Squirt Day session  
S2 = Squirt Night session  
M = Mite

**Buffalo Bison -- S.T.P**  
**ADVANCED SUMMER TRAINING PROGRAM**  
**SPONSORED BY: USA HOCKEY & MN. HOCKEY**

**EXCLUSIVELY FOR:**

Players committed to intense development with a goal of making themselves better on and off the ice.

**AN OFF-SEASON HOCKEY TRAINING PROJECT OFFERING:**

- \* A complete program of on-ice and off-ice education and training
- \* An opportunity to return next season fully prepared for the challenges
- \* An opportunity for top players to develop into the best they can be
- \* A flexible training period allowing the athlete to realize maximum potential over 6 week period
- \* An opportunity for players to be recognized and considered for advanced level programs
- \* A program in local community allowing athletes to compete in other activities
- \* A committed and professional coaching staff with years of development experience

**HOW IT WORKS**

Summer Training Centers are established in hockey communities around the state having 15 to 30 enrollees per session, who are willing to provide a minimum of 30 hrs. of On-Off ice training. On-Ice training and education will take place as part of program as well each player will be given training manual to work on Off-ice activities on their own.

**TRAINING ELEMENTS**

PROGRAM	EMPHASIS	HOURS/DATES
ON-ICE	Technical Emphasis - Maximum Reps. For skill development. Overspeed training, playing odd/even rushes, stickhandling drills, simulation team play drills, checking	June 18 <sup>th</sup> - Aug. 5 <sup>th</sup> 30hrs-35hrs. Pee Wee Bantams
OFF-ICE	Dryland Hockey Skill Development, Shooting Stickhandling, Passing/Receiving, Stride Boards, Weight Training, Plyometrics. Classroom Education: Goal setting, Video Analysis, Performance Enhancement	June 18 <sup>th</sup> - Aug 3 <sup>rd</sup> 10-20hrs.
GAMES/TOURNAMENTS	8 to 12 Games (Tournaments and Pond Hockey)	June - Aug.

**STAFFING**

**Director, Mike MacMillan:** Bison Head Coach, USA Minnkota Coach-In-Chief, Head Coach USA Minnesota 16 Team. USA Masters Certified, 25 years coaching, 15 years staff of USA HOCKEY. **On-Ice Directors:** Jerrod Reinholz, Assistant Bison Head Coach and Coach, Jon Waibel - Assistant Chicago Steel Head Coach, Ray Dahlof - Bison Girls Head Coach. **Other Staff:** Tom Peart, Joe Ulwelling, Bob Driver and Bob Jernberg. Former Bison Players and current BYHA coaching staffs.

**COST**

The total cost for the program will be based on level of play. Players will have access to weightroom and dryland equipment throughout the summer. Program costs include: manuals, jersey, ice-time, off-ice training time and all coaching costs and S.T.P Tournament fees. There will be an extra costs for invitational tournaments.

**REGISTRATION**

Registration will be limited to 30 participants per level. Please include with reg. a \$100.00 deposit. Questions call Mike MacMillan - 682-2705 or 612-247-0507. **Waiting List last summer, Don't Wait Registration closes - May 5<sup>th</sup>.**

# Buffalo Bison - S.T.P Summer Training Program

## Registration Form

Name \_\_\_\_\_ AGE \_\_\_\_\_ HT. \_\_\_\_\_ WT. \_\_\_\_\_ D.O.B. \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ ZIP \_\_\_\_\_ Telephone \_\_\_\_\_ Position \_\_\_\_\_

2006-2007 Team: Squirt \_\_\_\_\_ Pee Wee \_\_\_\_\_ Bantam \_\_\_\_\_ U12 \_\_\_\_\_ U15 \_\_\_\_\_

Varstiy \_\_\_\_\_ J.V. \_\_\_\_\_ Mites \_\_\_\_\_ Termites \_\_\_\_\_

2007-2008 Level: Mites Termites 1<sup>st</sup> year Squirt 2<sup>nd</sup> year Squirt 1<sup>st</sup> year PW

2<sup>nd</sup> year PW 1<sup>st</sup> year Bantam 2<sup>nd</sup> year Bantam HS-Boys HS-Girls U10 U12 U14

Parents Name \_\_\_\_\_ Work Phone \_\_\_\_\_

Email Address: \_\_\_\_\_

## RELEASE OF LIABILITY / ACKNOWLEDGMENT OR RISK

Upon entering events sponsored by USA and /or its member districts, I/We agree and abide by the rules of USA HOCKEY as currently published. I/We understand that participation or observation of the sport constitutes a risk to me/us of serious injury, including permanent paralysis or death. I/We voluntarily recognize, accept, and assume this risk and release USA HOCKEY, its affiliates, sponsors, event organizers and official from any liability.

Parent or Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

- \*Cost -- \$500.00 Pee Wee, Bantam
- \$325.00 Girls U10 & U12
- \$425.00 Girls High School and U14
- \$425.00 High School
- \$325.00 Squirt
- \$260.00 Mite

\*Full Season Schedules will be handed out upon registration

\*Full Amount must be paid by first off-ice session

\*Must Remit \$100.00 to Bison STP

\*Any Questions please call:

\*Extra Fee's for Invitational Tournaments or High School Leagues  
    - \$25.00 per tournament

Questions: Mike MacMillan -612-247-0507

\*Please mail checks and registration to: Bison STP-1806 Elm St. Buffalo, Mn. 55313.



## KIRK OLSON

---

Kirk Olson enters his fourth season as Director of Strength and Conditioning for the Minnesota Wild.

He is responsible for developing, implementing and executing all aspects of strength and conditioning throughout the Wild organization. Olson has been training athletes in a private capacity for the past three years, focusing primarily on the development of hockey players. Before going into the private sector to practice his trade, Kirk spent three seasons with the Minnesota Vikings' (NFL) Strength and Conditioning Staff. During his time with the Vikings, Olson also served as Head Strength and Conditioning Coach for the Amsterdam Admirals of the NFL Europe League. In addition to his coaching endeavors, Kirk has served as a consultant to several high school, college and university athletic programs.

A graduate of the University of Minnesota and St. Cloud State University, Kirk currently resides in Minnetonka, Minnesota.



## JASON KARN

---

Jason received a BS in Phy. Ed. from Dickinson State University and a MS in Phy. Ed. from NDSU. In college he was a member of the Jamestown College Track & Field Team and was a National qualifier NAIA and co-school record holder in the 110m high hurdles until 1997. He was a member of four Indoor and four Outdoor Conference Championship Teams. He was also team captain. Coaching experience includes Dickinson High School Volleyball Asst. Coach, Head Cross Country Men/Women's Coach, Football Asst. Coach, NDSU Track & Field Graduate Asst. Coach, Buffalo High School Phy. Ed. Teacher, Cross Country Head Coach, BHS Track & Field Asst. Coach and Hockey Strength & Conditioning Coach.



## JERRID REINHOLZ

---

Jerrid is currently a Bison Varsity Hockey Assistant Coach and Skills and Dryland Coach for Buffalo Youth Hockey Association. He is an Anoka Graduate and two-time State Tournament Participant (1997 & 1998). He was a 3-sport H.S. athlete, participating in hockey, football and tennis. In 1999 he skated with Des Moines and became USHL League Champions. He was a member of the '02 & '03 National Champions Gopher Hockey Team & 2005 U of M Graduate.

Speed  
Strength  
Agility



*Train Like the Pro's!*

**PRESENTED BY:**

**HDC**   
THE HOCKEY DEVELOPMENT COMPANY

## PROGRAM OBJECTIVE

The program content is designed to:

- Increase Speed
- Increase Strength
- Increase Flexibility
- Increase Balance
- Increase Agility
- Increase Quickness
- Develop Explosiveness
- Stamina Building
- Increase Vertical Jump

All required elements to bring your game to the next level.

Program is for Junior, College, High School & Elite Bantam Players.

## PROGRAM OVERVIEW

The eight week camp is an intensive off-ice program for those dedicated to the game and desire to get to the next level.

The program is broken up into two segments, with a break in the middle, for a total of 28 sessions. Sessions are 1.5 hours in duration for a total of 42 hours of training.

Program is run by a professional trainer, Kirk Olson, who is the current Minnesota Wild Strength & Conditioning Coach. Kirk is directly involved in the day to day training sessions.

Sessions use a State of the Art weight room and dryland facility utilizing advanced plyo-metric methods and sprint workout drills.

Camp is intended for those willing to work hard. Participants must be willing to put in the work to get to the next level or will be asked to go home.

## SCHEDULE

### Week 1-4 4X per Week

(M-Tues-W-Thurs)

Weeks of June 11th, 18th, 25th, July 9th  
(16 sessions)

### Week 5-8 3X per Week

(M-W-T)

Weeks of July 16th, 23rd, 30th, August 6th  
(12 sessions)

Group A (1:45-3:15pm) Group B (3:30-5:00pm)  
All Sessions are held at the Buffalo Civic Center.

## STAFF

Instructors make the difference!! The staff assembled by the Hockey Development Company offers a tremendous experience base to the program and provides a contagious energized atmosphere.

This group of coaches knows what it takes to elevate your game to the next level.

**Kirk Olson** (4th Year as Minnesota Wild Strength Coach) – *Camp Director / Head Instructor*

**Jason Karn** (Bison Asst. Track Coach and Bison Strength/Conditioning Coach) – *Instructor*

**Jerrid Reinholz** (Bison Asst. Coach) – *Instructor*

**Adam Meyer** (Fayetteville SPHL) – *Assistant*

**Ben Geelan** (Bowling Green) – *Assistant*

**Jared Ackmann** (Gustavus Adolphus) – *Assistant*

**Roger Trousdale** (St. Olaf) – *Assistant*

**Ross Trousdale** – *Mentor*

## CAMP REGISTRATION FORM

Name: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

E-mail: \_\_\_\_\_

Emergency Name & Number: \_\_\_\_\_

School: \_\_\_\_\_

**Next Year Level** (*Circle One*):

Elite Bantam /10 / 11 / 12 / Jr's / College

**Group Selection** (*Circle One*):

Group A (1:45-3:15pm) Group B (3:30-5:00pm)

Amount Enclosed: \_\_\_\_\_

***Non-Refundable \$100 deposit  
due with registration form.  
Balance of \$150 due at 1st session.***

***Make checks payable to the  
Hockey Development Company***

Camps filled on 1st come basis.

***Mail complete form and deposit to:***

**Hockey Development Camp**  
1806 Elm Street  
Buffalo, MN 55313  
Phone (612)247-0507  
www.eteamz.com/bisonhockey  
www.hockeydevelopmentcompany.com

## **Buffalo Bison HS Summer Tournaments 2007**

### **Sophomore/Junior**

- Duluth Marshall – June 22, 23 and 24**
- Grand Rapids – July 13, 14 and 15**
- Buffalo – July 28 and 29**

### **Junior/Senior**

- Buffalo -- June 29, 30 and July 1**
- Cloquet – July 20, 21 and 22**
- Hopkins – July 27, 28 and 29**

**\*Tournament fee's may be assessed, please mark you calendars and let Coach MacMillan or Coach Jernberg know if your available or not.**

**\*Players maybe asked to participate on different groups depending on numbers.**