

THE TRAINING DIRECTOR:

Doug Long



- Head Coach of East Ridge High School Boys
- Assistant Coach-White Bear Lake H.S.
- Head Coach- Elite 2 Section 3AA
- Head Coach- Stillwater H.S. Boys
- Head Coach- Stillwater H.S. Girls
- Section 3AA Girl's Coach of the Year
- Over 20 years of H.S. coaching

**COACHING STAFF
SCHEDULED TO ASSIST:**

Paul Bailey –East Ridge HS assistant
Steve Czech- East Ridge HS assistant
Christian Toll- East Ridge HS assistant
Kevin Stofer- East Ridge HS assistant

Other assistant coaches could include college-age players from local division 3 and local & national division 1 teams

PROGRAM SCHEDULE:

On Ice Sessions Dates

Week of 6/28-7/2 Mon.-Thurs.
Week of 7/5-7/9 Off (no training this week)
Weeks of 7/12-7/30 Mon.-Thurs.

On Ice Session Times

New H.S. Players: 7:45-8:45 am
Returning H.S. Players: 9:00-10:00 am
Bantams: 10:15-11:15 am

Off Ice Sessions Dates (bantams only)

Week of 6/28-7/2 Mon.-Thurs
Week of 7/5-7/9 Off (no training this week)
Weeks of 7/12-7/29 Mon.-Thurs

Off Ice Session Times (bantams only)

9:00-10:00 am

**ALL TRAINING WILL BE DONE AT THE
COTTAGE GROVE ICE ARENA**

Off Ice training for High School players:

- This is a separate program run through East Ridge H.S.
- Times for this program DO NOT conflict with on-ice training
- Registration forms can be picked up at the East Ridge Athletic Office or found in the Community Education Catalog

**PDP-EAST RIDGE
HOCKEY SCHOOL**

This year, the hockey coaches at East Ridge High School will be running a hockey training program in affiliation with Bill Moore's PDP Hockey School. Bill has been running his summer hockey schools in local communities for last 16 years, as well as coaching at the high school and division 3 college levels.

The goals of this program are as follows:

- To provide hockey players in the East Ridge community with dynamic off-season training that will prepare them for the next playing season.
- To provide players and coaches in the East Ridge Hockey Community the opportunity to form lasting, meaningful relationships with one another.
- To have FUN!!!!

We will accomplish this by focusing on a different hockey theme each week and incorporating numerous drills that teach the skills related to each theme. Through this thematic approach, we will work on the individual skills of skating, stick-handling, passing, and shooting. Examples of these themes are:

- Offensive zone (entry/forcheck/transition)
- Defensive zone (coverage/transition/breakout)
- Neutral zone (regroup/transition/forcheck)
- Team approach to winning face-offs
- Special teams (P.play/P.kill/4-4,/6-5)

Aside from the group training, each position will be addressed with specific drills designed just for defensemen, forwards, and goaltenders.

Players will receive:

- 16 hours of on ice instruction
- 16 hours of off-ice instruction (bantams)
- A PDP-East Ridge T-shirt
- A PDP-East Ridge jersey

**PDP-EAST RIDGE HOCKEY SCHOOL
REGISTRATION**

Player's Name _____

Parent's Name _____

Address _____

City _____ State ____ Zip _____

Phone (Home) _____ (Day) _____

Email address: _____

Player's Date of Birth _____ Player's Age ____

Level played during 2009-10 season _____

Position Goalie Defense Forward (circle one)

PDP EAST RIDGE AT COTTAGE GROVE ARENA
(circle the session registering for)

New Incoming High School Players.....\$ 200
Returning High School Players\$ 200
Bantams\$ 395

PAYMENT

Cash, check, and credit cards will be accepted for payment. Please make checks payable to Bill Moore or PDP Hockey School. Visa, MasterCard and Discovery cards are accepted.

Check Cash Credit Card – Type _____

Card Number _____

Exp. Date _____ Sec. Code _____

Today's Date _____ Amount Charged \$ _____

Cardholder's Signature _____

You may pay half of the fee at the time of registration or you may pay in full. If paying half, please remit the final payment by April 15th

**MAIL THIS FORM AND PAYMENT TO:
PDP HOCKEY SCHOOL
747 West Broadway Winona, MN 55987**

**For more information, please call
Doug Long
612-875-6343**

**PDP- EAST RIDGE
747 West Broadway
Winona, MN 55987**

**PDP-EAST RIDGE
HOCKEY SCHOOL**



- Offering sessions for returning high school players, new high school players, and bantams of the East Ridge Hockey Community
- June-July (off week of July 5-9)
- 16 hours of On-Ice Training
- 16 hours of extensive off-ice dryland training (bantams only)
- Each week there will be a different theme, focused on a different aspect of the game
- Individualized Goalie Instruction
- Convenient time slots so participants can play other summer sports or work at a job
- Consistent and highly qualified instruction