



July 25 – 29, 2011
National Hockey Center
Bantam & High School 8am-12pm
Squirt & Pee Wee 5pm-9pm

Dear Parents & Athletes,

Welcome to FAST Development Camp. This will be a high pace camp, that will push you or your child to a new level. We demand your utmost attention and effort. We realize that our time to influence you is short so we ask that you are prepared. This camp's goal is to bring in the best coaches in the area to teach you the skill sets that will help your hockey career flourish. We will have a special guest coach each day that has played or coached at an extremely high level; (HS Elite, USHL, NCAA, AHL, NHL) The on ice session will be used to develop skills and game like situations. While in the weight room, athletes will be taught how to lift properly and safely. We also will show the athletes how to properly warm up before a game or practice by using a dynamic warm up. Each day we will have a classroom talk that will discuss a different topic that is hockey related. This also will give the athletes a chance to ask questions. Athletes please make sure to bring a snack or lunch to eat throughout the day.

What do I get for this camp?

Monday through Friday

Each day will include....

2 – 1 hour session on ice
1 – 1 hour training session
1 – 1 class room session

Cost?

We are offering a \$100.00 discount for any player signed up before June 1st. However once our camp is full we will close registration.

- Skater - \$400.00 after discount
- Goalie - \$250.00 after discount

Staff

R.J. Linder

Played high school hockey for St. Cloud Tech graduating in 2002. Went on to play two years in MJHL for the Portage Terriers in Manitoba, Canada. Received a scholarship to play for MSU Mankato and graduated in 2008 while serving as one of the team captains. After graduating, RJ traveled to Augusta, GA to play for the Augusta Lynx in the East Coast Hockey League and is currently playing professional hockey with the Tulsa Oilers of the Central Hockey League. R.J. spends his summer as a AAA coach.

John Swanson

A St. Cloud Tech High School Alumni. Played in the USHL before signing with St. Cloud State in the WCHA where he was awarded the league player of the week honors three times. After his senior year he went on to finish the season with The Norfolk Admirals in the AHL. John currently plays for the Steelheads in the ECHL and was a 2010 All Star.

Travis Winter

Played high school hockey for St. Cloud Tech graduating in 2003 as the all time leading scorer and the St. Cloud Times All Area Player of the year. Went on to play in the USHL for 2 years with the Danville Wings and the Indiana Ice. Played 4 years at Bemidji State. 2 time All CHA player, 2 time captain and led the Beavers to the 2009 NCAA Frozen Four. Currently serves as the assistant coach for the Cedar Rapids Roughriders of the USHL

Michael Zacharias

Names Tri-City's Most Valuable Player in 2004-05

Ranked second in the USHL in saves and wins

Names USHL Goaltender of the Month by Goalie World Magazine for the month of January when he recorded a 6-3-1 record, a 2.62 goals against average and stopped 91 percent of the shots he faced. Zacharias' month included a 5-0-0 record at home during that span. Played with St. Louis (USHL) in 2003-04 and Topeka (USHL) in 2002-03

2003 Armstrong High School grad
Member of USA U-17 Team
3 year starting Goaltender for Minnesota State WCHA
2nd year professional playing for the Ontario Reign in the ECHL

Thanks,

John W Swanson

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