

White Hawk Skills Training Program 2012



BANTAM & HIGH SCHOOL

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Program Highlights

- Professional staff with a personal interest in developing your player to their maximum potential.
- Work with teammates to improve individual skills and team concepts, leading to greater team success in the future.
- Convenient location and times, no need to travel a long distance for high quality training.
- Become a better White Hawk Hockey Player. Carry on the proud White Hawk tradition!

Daily Program Overview

The goal of summer training is to improve players by 1 year by consistently training the skills and concepts that are needed to compete at the higher levels of hockey. The bantam and high school groups will be run in a way that promotes both individual skill development and the team concepts that will improve our teams throughout the next hockey season.

Dates: June 11– July 31 (Bantam August 1), Everyone Off July 1-July 8

Mondays HS 8:00-9:30 am Bantam 9:45-11:15 am

Skill development is the focus of the Monday practices. All drills will be done at a high tempo to challenge the players to increase their individual skills at a high level to push them out of their comfort zone.

Wednesdays Combined 8:00-9:45 am

The focus will be on line rushes and positional play. We will work on the forward and defensive aspects of line rushes and learning plays to execute in different situations. Moving with speed and creating scoring opportunities are the emphasis. These practices will be combined between the high school and bantam groups in order to promote continuity and competition between the high school and bantam levels.

Fridays HS 8:00-9:30 am Bantam 9:45-11:15 am

The focus will be on competition this day. This will include puck battles, controlled scrimmages, small area games, and team concepts. Players will be challenged to implement the concepts trained throughout the week in to a competitive setting.

The time listed is the on-ice session. Dryland sessions will be for an hour immediately following all practices. Ex: 8:00-9:30 on -ice, 9:45-10:45 off-ice. *Goalie specific* training on Wednesdays from 10:15-11:15.

Any players registered for the Westonka Hockey Club are automatically enrolled in White Hawk STP.

Registration Information

Program fee: **\$415 for the 6+ week session. Need registration information by May 1.**

Registration includes over 30 hours on-ice practice time, 19 hours dryland training, 7.5 hours goaltender specific training, and additional scrimmages time.

Each application must be accompanied by full payment or a minimum deposit of \$150. Final payment is due no later than June 11, 2012.

PLEASE REGISTER ON TIME! - Participant numbers are needed for staffing, ice times, scrimmages, etc...

Detach and mail in with payment

Please circle the level the player will be in next season.

***Bantam**

***High School**

Player Name: _____ Date of Birth: _____ Address: _____

City: _____ Zip: _____ Name of Parent/Guardian: _____

Home Phone: _____ Work Phone: _____ Email Address: _____

Emergency Contact: _____ Phone Number: _____ 2011-2012 Team: _____

The sport of hockey, skating, and dryland activities have inherent physical risks that may result in serious injury. I knowingly and freely accept all risks. Medical and personal insurance is the responsibility of the participants. By submitting this registration form, I hereby give my consent for my child to participate in White Hawk STP hockey programs. I further agree that I will not hold White Hawk STP, its employees or affiliates responsible or liable for any accidents, injury or loss, however caused, during attendance at one of the White Hawk STP. This also serves as my written permission to have my child admitted and attended to for medical treatment in case of sickness or injury.

Parent Signature: _____

