

# White Hawk Skills Training Program 2012



## SQUIRT & PEEWEE

### Mail to:

White Hawk STP  
c/o Doug Runke  
3627 Hunters Trail  
Minnetrista, MN 55375

### Contact Information:

Phone: 612-695-5957  
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Checks Payable: White Hawk STP



### 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

Both the Squirt and PeeWee sessions will run 3 days a week for 7 weeks. This consistency each week will allow players to build off of prior learning as we progress throughout the summer. Through this process the players will develop their individual skills in a high-tempo, competitive environment. In addition, players will be taught team concepts that will improve their knowledge of the game. The best way to do this is to continue to work with their current and future teammates throughout the summer.

**PeeWee: Monday, Tuesday, Thursday 11:30-12:45 on-ice, 1:00-2:00 off-ice**

**Squirt: Tuesday and Thursday 1:00-2:15 on-ice, 2:30-3:30 off-ice; Wednesday 11:30-12:45 on-ice, 1:00-2:00 off-ice**

Day 1: Individual hockey skills such as skating, shooting, passing, and puck control. Repetitions with core skills and build proficiency with them at a high speed and in competitive environments.

Day 2 – Multi-skill drills and team play concepts such as line rushes and positional play. Goalie specific training.

Day 3— competitions, including small area games and battle drills. Use skills and concepts in a competitive situations.

**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 will be on Wednesdays from 10:15-11:15**

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

### Registration Information

Program fee: **\$395 for the 7 week session. Need registration information by May1.**

Registration includes over 26 hours on-ice practice time, 21 hours dryland training, 7.5 hours goaltender specific training, and additional scrimmages are included in cost.

**Each application must be accompanied by full payment or a minimum deposit of \$150. Final payment is due no later than June 11, 2011.**

**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.**

**\*Squirt**

**\*PeeWee**

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: \_\_\_\_\_

