**ROYALS STP**

PURPOSE: The Royals Summer Training Programs are designed to provide a competitive, structured, and fun environment where all athletes can improve, and strive to reach their potential. These programs are available to all Pee Wee/Bantam/High School players.

PROGRAM OVERVIEW: Speed and skating ability is the foundation of all on-ice and off-ice training. Puck control, passing, shooting, on ice decision making, and overall game skills are a consistent focus in the program. In addition to hockey skills our staff emphasize character, communication, goal setting, leadership, sportsmanship, and teamwork to help further develop the athlete.

STAFF:

Justin Strunk - Rogers High School Boys Head Coach

Todd Weisjahn - Rogers High School Boys Assistant Coach

Al Bistodeau - Rogers High School Boys Assistant Coach

Lead instructors will be on the ice to provide expert instruction tailored to each athlete’s strengths and weaknesses to best elevate their physical and mental abilities in the pursuit of excellence. Instructors are skilled at connecting with young athletes and showing them how to improve. Additional qualified Instructors, as well as current Junior, College, and Professional players will also be on ice at times to assist Lead Instructors. Royals STP staff reserve the right to move players from one session to another. We will strive for a maximum of 6/1 player to instructor ratio.

PHILOSOPHY: It is our philosophy that in order for each athlete to reach their potential they must approach each day with a positive attitude and maximum effort.

SKATING SKILLS & TECHNIQUE GAME SKILLS GOALIES

- Forward & backward stride - On ice awareness - Movement

- Forward & backward crossovers - Read & React, on ice IQ - Recovery

- Pivots, transitions, step outs - Creating time & space - Agility

- Posture and knee bend - Creating offense - Playing the puck

- Proper glide angles - Puck skills - Rebound control

- Edgework - Checking & angling - Save selection

- Full extension - Gap control, playing rushes - Angles

- Full recovery - Shooting & scoring - Read & React

Skills will be developed through demonstration, quality repetitions, game situations, as well as scrimmages against other teams for all three groups.

DATES & TIMES: Athletes should attend the level they will be in for next year.

Pee Wee’s On Ice Mon/Wed/Fri 9:00 – 10:15 Off Ice Mon/Wed/Fri 10:30 – 11:15 High School On Ice Mon/Wed/Fri 10:30 – 12:00 Off Ice Mon – Fri 8:00 – 10:00 Bantam’s On Ice Mon/Wed/Fri 12:15 – 1:30 Off Ice Mon – Fri 10:30 – 12:00

All 3 groups will run from June 9 – July 31st, for a total of 21 on ice sessions. Last session will be Thursday July 31st. Friday’s off ice will consist of stickhandling & shooting drills.

\* All athletes Grades 7-12 are expected to enroll separately in the Speed & Strength Program at Rogers High School.

6th Graders will have separate off ice activities 10:30 – 11:15

7th – 8th Graders will have Speed & Strength 10:30 – 12:00

9th – 12th Graders will have Speed & Strength 8:00 – 10:00

Players Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Player’s Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

2014/2015 Level of Play (circle one): Peewee | Bantam | High School Position (circle one): Forward | Defense | Goalie

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

City: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ZIP:\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent(s)Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone Numbers: Home/mobile ( \_\_\_\_\_\_) \_\_\_\_\_\_\_ - \_\_\_\_\_\_\_\_ Work ( \_\_\_\_\_ ) \_\_\_\_\_\_\_ - \_\_\_\_\_\_\_\_

E-Mail Address(es):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*EMERGENCY CONTACTS:*

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

Relationship: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact Phone Number(s): ( \_\_\_\_\_ ) \_\_\_\_\_\_ - \_\_\_\_\_\_\_Work ( \_\_\_\_\_ ) \_\_\_\_\_\_\_ - \_\_\_\_\_\_

Physicians Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone: ( \_\_\_\_\_\_\_ ) \_\_\_\_\_\_\_ - \_\_\_\_\_\_\_\_\_\_\_

Hospital of Choice: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Insurance Company:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Policy Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*AMATEUR ATHLETIC WAIVER, RELEASE OF LIABILITY AND PARENTAL CONSENT:*

In consideration of the acceptance of being allowed to participate in any way in the athletic/sports program, related events and activities, the applicant agrees that Royals STP Instructors and/or staff, coaches, and employees will not be held responsible for any accidents or loss of personal property, however caused, and agree to release the Royals STP Clinics from all claims or damages which may arise as a result of such accidents or loss. It is further agreed that all risks while watching and/or participating in the Royals STP Clinics are assumed by the participants and his or her parents and/or guardian and assumption is knowledge, approved by their signature here to. We have read the above mentioned, and have explained its meaning to our son or daughter, and agree to the terms and conditions as stated in the Release of Liability and Consent agreement.

We, the parents, and/or guardians of the above signed applicant, give our consent to his/her participation in the Royals STP Clinics.

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

Parent/GuardianSignature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Mail this completed player registration Please circle your clinic: form and check to: High School $ 475 Bantam $ 400 Rogers Royals Face-Off Booster Club (RRFOBC) Pee Wee $ 400 4144 Yates Ave N. Goalie $ 300 Robbinsdale, MN 55422 \* 25% discount if registering multiple athletes.

Registration will be limited, and accepted on a 1st come 1st serve basis.