

# *2015 SUMMER HOCKEY PROGRAM*

**Overview**

The Academy of Holy Angels 2015 Summer Hockey Program is open to all players from any association or High School. The Summer Program is an innovative on-ice and off-ice program designed to develop the individual player’s fundamental skills in an environment that emphasizes the importance of both training and competition. Players will leave the program being better athletes & better hockey players, prepared for anything that comes at them on or off the rink.

The on-ice program will focus on fundamental skill development, including: power skating, shooting, passing, puck control, puck handling skills, multi-tasking, small area games, and conditioning. The 60 minute on-ice sessions will be intense and the innovative drills will keep each player engaged both physically and mentally. Players will be challenged and pushed out of their “comfort zone” from start to finish in order to increase their on-ice confidence.

In addition to the on-ice training sessions, there will be a 45 minute, off-ice training session, four times per week. The off-ice training program was developed by the Head Strength and Conditioning coach of The USA Hockey’s National Team Development Program. This program will incorporate drills and techniques that transfer to on-ice performance. Players will improve their athleticism, explosiveness, speed, strength, and core through single-leg exercises, jumping, isometric and plyometric drills, and running.

**Program Includes**

* (30) One-hour, on-ice training sessions
* (30) Forty-five minute, off-ice training sessions (Group 2 only)
* Practice jersey and socks provided
* Holy Angels Workout shorts and T-shirt provided

**Instructors**

*Trent Palm –* Main Instructor

* Played high school hockey at Shattuck St. Mary’s (2002-2004).
* Played for The USA Hockey’s National Team Development Program (2004-2006).
* Member of the 2006 Gold Medal IIHF U18 World Championship Team.
* Played college hockey at the University of Minnesota Duluth (2006-2011).
* Member of the 2011 NCAA Division 1 National Championship Team.
* Assistant Coach for The USA Hockey’s National Team Development Program (2012-2013).
* Head Boys Varsity Hockey Coach for The Academy of Holy Angels (2013-Present).

*Chris Palm –* Assistant Instructor

* Played high school hockey at Edina.
* Played Canadian Junior A Tier II with the Duluth Clydesdales.
* Played NCAA Division III College Hockey at Northland and Finlandia.

*Ryan Palm –* Assistant Instructor

* Played high school hockey at Benilde.
* Played Canadian Junior A Tier II with the Duluth Clydesdales.
* Played NCAA Division III College Hockey at Northland and Finlandia.

*Erik Johnson –* Guest Instructor

* Played high school hockey at The Academy of Holy Angels (2002-2004).
* Played for The USA Hockey’s National Team Development Program (2004-2006).
* Member of the 2005 and 2006 Gold Medal IIHF U18 World Championship Team.
* Member of 2005 and 2006 U20 World Junior Championship USA Team.
* #1 overall NHL draft pick in 2006.
* Played college hockey at the University of Minnesota (2006-2007).
* Member of 2010 Silver Medalist USA Olympic Hockey Team.
* Current Member of the Colorado Avalanche (NHL).
* Over 450 career NHL games.

**Schedule** –All on-ice and off-ice times will be at Richfield Ice Arena

The camp will run from June 1 to July 31, with the week of July 6th completely off.

Schedule Below:

|  |  |  |
| --- | --- | --- |
| **Date** | **Group 1 Time + Rink** | **Group 2 Time + Rink** |
| 6/1/2015 | 5:00-6:00PM – Rink 1 | 3:45-4:45PM – Rink 1 |
| 6/2/2015 | 5:15-6:15PM – Rink 1 | 4:00-5:00PM – Rink 1 |
| 6/3/2015 | 5:15-6:15PM – Rink 1 | 4:00-5:00PM – Rink 1 |
| 6/4/2015 | 5:30-6:30PM – Rink 1 | 4:15-5:15PM – Rink 1 |
|  |  |  |
| 6/8/2015 | 8-9AM – Rink 2 | 9:15-10:15AM – Rink 2 |
| 6/9/2015 | 8-9AM – Rink 2 | 9:15-10:15AM – Rink 2 |
| 6/10/2015 | 8-9AM – Rink 2 | 9:15-10:15AM – Rink 2 |
| 6/12/2015 | 8-9AM – Rink 2 | 9:15-10:15AM – Rink 2 |
|  |  |  |
| 6/15/2015 | 8-9AM – Rink 2 | 9:15-10:15AM – Rink 2 |
| 6/16/2015 | 8-9AM – Rink 2 | 9:15-10:15AM – Rink 2 |
| 6/17/2015 | 8-9AM – Rink 2 | 9:15-10:15AM – Rink 2 |
| 6/19/2015 | 8-9AM – Rink 2 | 9:15-10:15AM – Rink 2 |
|  |  |  |
| 6/22/2015 | 8-9AM – Rink 2 | 9:15-10:15AM – Rink 2 |
| 6/24/2015 | 8:45-9:45AM – Rink 2 | 10-11AM –Rink 2 |
| 6/25/2015 | 7:30-8:30AM - Rink 2 | 8:45-9:45AM - Rink 2 |
| 6/26/2015 | 8-9AM – Rink 2 | 9:15-10:15AM – Rink 2 |
|  |  |  |
| 6/29/2015 | 7-8AM – Rink 1 | 8:15-9:15AM – Rink 1 |
| 6/30/2015 | 9-10AM – Rink 1 | 10:15-11:15AM –Rink 1 |
| 7/1/2015 | 7-8AM – Rink 2 | 8:15-9:15AM – Rink 2 |
|  |  |  |
| 7/13/2015 | 8-9AM – Rink 2 | 9:15-10:15AM – Rink 2 |
| 7/14/2015 | 5:15-6:15PM – Rink 1 | 4-5PM – Rink 1 |
| 7/15/2015 | 5:15-6:15PM – Rink 1 | 4-5PM – Rink 1 |
|  |  |  |
| 7/20/2015 | 8-9AM – Rink 2 | 9:15-10:15AM – Rink 2 |
| 7/22/2015 | 8:45-9:45AM – Rink 2 | 10-11AM –Rink 2 |
| 7/23/2015 | 7:30-8:30AM - Rink 2 | 8:45-9:45AM - Rink 2 |
| 7/24/2015 | 8-9AM – Rink 2 | 9:15-10:15AM – Rink 2 |
|  |  |  |
| 7/27/2015 | 6:45-7:45AM – Rink 1 | 8:00-9:00AM – Rink 1 |
| 7/28/2015 | 8-9AM – Rink 2 | 9:15-10:15AM – Rink 2 |
| 7/29/2015 | 6:45-7:45AM – Rink 1 | 8:00-9:00AM – Rink 1 |
| 7/30/2015 | 9-10AM - Rink 2 | 10:15-11:15AM – Rink 2 |
|  |  |  |

**Cost**

* $550 per player
* Free practice jersey and socks
* Free Holy Angels workout t-shirt and shorts

**Registration**

In order to keep the level of play high and have the smallest gap possible between the top and bottom players, there is limited space available for this summer program. Please register early by filling out the below player form and emailing it back to:

holyangelshockey@gmail.com

Once we have received your completed player form, we will contact you via email with the group you will be in.

**Payment**

Please send a check made out to Palm Hockey LLC to the below address:

Palm Hockey LLC

6510 Eagle Lake Drive

Maple Grove, MN 55369

Holy Angels Summer Program Player Form

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age/Grade:\_\_\_\_\_\_\_\_ Ht:\_\_\_\_\_\_\_\_Wt:\_\_\_\_\_\_\_

Position:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Shoot:\_\_\_\_\_\_\_\_\_ GPA: Jersey Size(S/M/L/XL)\_\_\_ \_

Workout T-Shirt Size(S/M/L/XL)\_\_\_\_\_\_ Workout Short Size (S/M/L/XL)\_\_\_ \_\_\_

2014-2015 Team you played on:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_

Team you’d like to play on next year:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_

High School you plan to attend: ­­­­­­­­­­­­­­

Hockey Skills you possess:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_

Skills, areas of the game you would like to improve:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_

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Other Sports you play:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_

Your goals for the summer:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_ \_

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Please list the top 5 players you have played against in the last 12 months and where they are from:

1.
2.
3.
4.
5.

Parent’s Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_