

OWATONNA GIRLS HOCKEY SUMMER TRAINING REGISTRATION FORM

SESSION REGISTERING FOR (CIRCLE): HS/U15 (\$325) U12/U10/Rookies (\$275) OMC TRAINING (\$260— Do not send fee, you'll register directly)
NAME: _____ BIRTHDAY: _____ E-MAIL: _____

ADDRESS: _____ PHONE: _____ T-SHIRT SIZE (CIRCLE): YS YM YL S M L XL

CITY: _____ STATE: _____ ZIP: _____ SHORTS SIZE (CIRCLE): YS YM YL S M L XL

SPECIAL MEDICAL CONDITIONS: _____

INSURANCE COMPANY: _____ POLICY NO.: _____

TYPE OF PAYMENT (if paying by check, please include check number): _____

Complete registration and waiver (on the back) with the registration fee made out to:
Tim Hunst
2442 Timberwood Lane NE, Owatonna, MN 55060

Registration due by April 1. All registrations after April 1, please add \$25.00

Owatonna Girls Hockey Summer Training

Option 1— Sun, M, W, F

\$325 HS/U15, \$275 U12/10/Rookies

- June 13-August 10 (excluding July 2-8)
- Dryland/Yoga Starts June 13, Ice Starts June 17 in Owatonna, MN.
- Skating, Skills, Tactics- On Ice- M & F
- Boot Camp (Hilary Pick)— Mondays
- Yoga (Dynamic Fitness) Wednesdays
- Dryland Center- Fridays
- Sunday Night Cross/Half Ice
- All girls are welcome.

Option 2— Sun through Friday- add \$260

All of Option 1, PLUS:

- Two hours of training twice a week on the Woodway Skating Treadmill, synthetic ice, and agility training at Olmsted Medical Performance Training Center in Rochester, MN. This training run by OMC Staff.
- 24 spots reserved— first come, first served
- No transportation provided.
- OMC Tuesdays and Thursdays, June 14-August 11 (excluding July 2-8), approximately 10am-Noon
- Registration and payment for the OMC training will be completed directly through OMC.

HS/U15 SuMWF Schedule

- Skating, Skills, Tactics- On Ice- M & F 7-8:15am
- Boot Camp (Hilary Pick)— Mon. 8:30-9:30am
- Yoga (Dynamic Fitness) Wed. 9:30-10:15am
- Dryland Center- Fri. 8:30-9:30am
- Valento/Oldefendt Sunday Night 3 on 3 League
Included in Price! 7-8pm or 8:15-9:15pm

U12/U10/Rookies SuMWF Schedule

- Skating, Skills, Tactics- On Ice- M & F
June 12:15-1:15pm, July 8:30-9:30am
- Boot Camp (Hilary Pick)—Mon.
June 11am-Noon, July 9:45-10:45am
- Yoga (Dynamic Fitness) Wed. 10:15-10:45am
- Dryland Center- Fri.
June 11am-Noon, July 9:45-10:45am
- Valento/Oldefendt Sunday Night 3 on 3 League
Included in Price! 4:30-5:30, 5:45-6:45, or 7-8pm

2016 Owatonna Girls Hockey Summer Training



**“Play like you’re
in first place,
train like you’re
in second.”**





Exciting additions to camp staff and program!

The philosophy of the OHS Girls Hockey program stresses the importance of maintaining and nurturing well-rounded individuals. Our intention is to put these girls in the best situation to succeed- in both hockey and life. In order for that to happen, we need to help them improve.

The time for individual improvement is in the off-season. Once the season comes around, we need to work more on team, less on individuals. Summer is skill development time. Therefore, most of our time will be spent on the skills of skating, passing, and shooting, with small area games included to tie skills to the game itself.

In addition to ice time, we will be utilizing the dry-land training center at the Four Seasons Centre. We will incorporate strength, agility, and flexibility components in addition to skill training.

This summer, **Hilary Pick** will be training the athletes weekly. Hilary is a personal trainer and runs crossfit style workouts for multiple groups in Owatonna.

During the season, OHS utilizes weekly yoga sessions as part of our training program. **Molly Tichenal** of Dynamic Fitness will continue as our instructor this summer.

There will always be a qualified coach on ice and in the dryland facility. These will include (but are not limited to): **Tim Hunst**— OHS Varsity Girls Hockey Head Coach, as well as current and former members of the OHS girls hockey team.

The goal of this program:

The coaches of girls hockey at Owatonna High School recognize the potential gains in athletic performance, self-confidence, and team unity that can be created through hard work and dedication. By making the commitment to improve in the off-season, the participants will see incredible gains. Through hard work and training by knowledgeable coaches, this summer will prepare our athletes for an even higher level of play.



Additional improvement opportunity offered through Olmsted Medical in Rochester!

This year, we have spots reserved at the OMC training facility. Participants will be coached by OMC staff with one hour in the hockey room (on the Blade by Woodway skating treadmill and synthetic ice) and one hour in agility training. This is separate from the Owatonna camp, but is designed to be complimentary in both the schedule (T, Th) and the training principles. All registration and payment for the OMC camp will be taken care of directly with OMC. There are 24 spots reserved— first come, first served.



RELEASE AND INDEMNITY:

In consideration of the acceptance of our child _____ as a student in the Owatonna Girls Summer Hockey Camp, we the undersigned parents, release, remise, and discharge OYHA, OHS, Owatonna Girls Summer Hockey Training, it's staff, and organizers from all claims, actions, causes of action, damages and demands by the undersigned parents for loss or injury resulting directly or indirectly from the participation of our child in this program.

The undersigned parents covenant and agree to indemnity and save harmless OYHA, OHS, Four Seasons, Owatonna Girls Summer Hockey Training, it's staff, and organizers from all claims, actions, causes of action, damages and demands which may be brought up by or on behalf of our child against OYHA, OHS, Four Seasons, the Owatonna Girls Summer Hockey Camp, it's staff, and organizers arising out of her participation in the camp, including all costs, damages and expenses incurred in defending any such claims or actions and against any loss arising therefrom.

We acknowledge that the student cannot be accepted into this program but for our executing this release and indemnity.

We have read the release and understand that it is a full final release of all claims for injuries and damages sustained in the Owatonna Girls Summer Hockey Camp and have read over the agreement to indemnity, and understand the responsibilities we have assumed thereunder.

SIGNATURE OF PARENT:

DATE: _____

REFUND POLICY:

No refunds of after May 1, 2016