

OWATONNA GIRLS HOCKEY SUMMER TRAINING REGISTRATION FORM

SESSION REGISTERING FOR (CIRCLE): HS/U15 (\$265) U12/U10/(\$265) Rookies (\$125) OMC TRAINING (YES)
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

HS/U15- Sun, M, W- \$265

- Ice starts Sunday, June 11 & goes through Sunday, July 23 (excluding July 2-7)
- 16 hours of ice, 10 hours of dryland
- Skating, Skills, Tactics- On Ice- Mondays 7:15-8:15am & Wednesdays 9:45-10:45am
- Dryland Mondays & Wednesdays 8:30-9:30am
- Valento/Oldefendt Sunday Night 3-3 or 4-4 League **Included in Price!** Sundays 6-7pm , or 7:15-8:15pm cross/half Ice games (combined w/boys). No need to register separately.

U12/U10- Sun, M, W- \$265

- Ice starts Sunday, June 11 & goes through Sunday, July 23 (excluding July 2-7)
- 16 hours of ice, 10 hours of dryland
- Skating, Skills, Tactics- On Ice- Mon. & Wed, 8:30-9:30am
- Dryland Mondays & Wednesdays 9:45-10:45am
- Valento/Oldefendt Sunday Night 3-3 or 4-4 League **Included in Price!** Sundays 4:45-5:45pm or 6-7pm cross ice games (combined w/boys). No need to register separately.

Rookies- Sun, M- \$125

- Ice starts Sunday, June 11 & goes through Sunday, July 23 (excluding July 2-7)
- Skill work and introduction to basic hockey concepts on ice Monday mornings 9:45-10:45am
- Valento/Oldefendt Sunday Night 3 on 3 League **Included in Price!** , Sundays 3:30-4:30pm or 4:45-5:45pm cross ice games (combined w/boys). No need to register separately
- All girls are welcome

Additional Opportunity- T, Th Olmsted Medical (OMC)

- 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.
- OMC Tuesdays and Thursdays, June 13-August 10 (excluding July 2-7)
- Cost \$260-380, more athletes registered=price drop
- Group 1- 8:30-10:45am; Group 2- 9:45am-Noon
- 32 spots are reserved- first come, first served. **Deadline to guarantee your spot is 3/1/17, contact Coach Hunst at thunst@owatonnak12.mn.us to reserve spot. Reserved spots for Group 2 will be released back to OMC after 3/1.**
- No transportation provided.
- Registration and payment for the OMC training will be completed directly through OMC. **Please indicate interest on attached Owatonna registration form.** You may also email Coach Hunst at thunst@msn.com

2017 Owatonna Girls Hockey Summer Training



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





It's time to improve!

The philosophy of the OHS Girls Hockey program stresses the importance of maintaining and nurturing well-rounded individuals. The schedule is set up to promote participation in other sports during the summer, as well as training for hockey. 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.

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, **Nicole Bunce**— OHS Varsity Girls Hockey Assistant 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!

We have once again reserved spots 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 strength and/or 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 36 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, Steele County, 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, 2017