

Aaron Johnson's Buffalo
Summer Training
Program

*Fill out attached Registration Form
and mail to:*

*Buffalo Summer Training
Program
10644 106th Ave. N.
Hanover, MN55341*

*For questions or further information
email Coach Johnson:
amjohnson@bhmschools.org*

*Buffalo STP believes that
the best way to maintain
a top flight **youth and
high school** hockey
program is through
**community based
hockey** and the
development of
individual skills that will
benefit a team game.*

Aaron Johnson's Buffalo STP

The Buffalo Summer Training Program is available for any Buffalo hockey player who will be a Mite, Squirt, U10, Peewee, U12, Bantam, U15 or Boy or Girl High School hockey player for the upcoming 2018- 2019



Aaron Johnson Head Coach
Thomas Johnson Assistant Coach
Bruce Johnson Assistant Coach
Todd Weisjahn Head Coach Rogers HS
ProHybrid Goalie Coaches

AARON JOHNSON'S
Buffalo HOCKEYSTP

summer training program 2018

Individual Skill & Athletic Training



Buffalo STP

Buffalo Hockey STP 2018



Buffalo STP utilizes high-tempo, competitive practices, and skill-specific training

Buffalo STP consists of on-ice and off-ice training to improve individual skills while implementing team skills that are used by the Buffalo High School Hockey Program. On-ice skills will include over-speed skating, shooting, and passing set in high tempo drills. Other skills developed include drills to increase on ice vision and hockey sense in small area drills and games including offensive creativity while using puck protection, creating time and space, and 1on1 skills. Defense skills will focus on angling, gap control, odd man rushes and proper stick & body checking technique to separate player from the puck.

BUFFALO STP SUMMER SCHEDULE

June 11—28 & July 9-26
Scrimmage Dates/Locations TBD

Mites, Squirts & U10: Tuesday & Thursday

On-Ice: 7:45-9:00 am
Off-Ice: 9:15-10:15 am

Peewee & U12: Tuesday, Wednesday & Thursday

On-Ice: 9:15-10:30 am
Off-Ice: 10:45-11:45 am

Bantam & U15: Monday, Tuesday & Wednesday

On-Ice: 12:15-1:30 pm
Off-Ice: 10:45-11:45 am

High School Girls:

Monday On Ice 10:45 am-12:00pm
Wed On- Ice: 7:45-9:00 am
Thursday On-Ice 12:15-1:30 pm
Off-Ice: At the High School through
Community Ed

High School Boys: Monday, Tuesday, Wednesday, & Thursday

On-Ice: 10:45am-12:00 pm
9:15-10:30 am on Mondays Only
Off-Ice: At the High School through
Community Ed

SIGN-UP FORM

Player Name _____

2017-2018 Team _____

Position _____

2018 STP (please circle one)

Mites/Squirt/U10	\$350
Peewee /U12	\$450
Bantam/U15	\$450
BoysHigh School	\$500
GirlsHigh School	\$450
Goalie Fee	\$250

(\$100 discount for all BYHA players)

***Checks Payable to Buffalo STP**

***Registration Deadline May 15th.**

***A flat pro-rate may be available ONLY if discussed with Coach Johnson prior to registration.**

Home Address

Phone Number _____

Parent email _____

Player email _____

T-shirt & Shorts Size _____

(Please Include Youth/Adult/Female Sizes)

Parent Signature

Please complete and detach this portion of the pamphlet and mail with check.