

**WHITE BEAR LAKE GIRLS HOCKEY**  
**SUMMER TRAINING PROGRAM – 12U/10U**



**June 12-August 9**

**22 sessions at Vadnais Heights Sports Arena Rink #1**

6/12: 5:55-6:55 PM	6/14: 5:55-6:55 PM	6/15: 9-10 AM	
6/18: 1-2:15 PM	6/20: 12:55-2:10 PM	6/22: 9-10 AM	
6/26: 11:25-12:40 PM	6/28: 11:25-12:40 PM	6/29: 9-10 AM	
7/10: 4:45-5:45 PM	7/12: 5:55-6:55 PM	7/13: 9-10 AM	
7/18: 2:25-3:25 PM	7/19: 5:55-6:55 PM	7/20: 9-10 AM	
7/24: 11:25-12:40 PM	7/26: 11:25-12:40 PM	7/27: 9-10 AM	
8/6: 9:25-10:25 AM	8/7: 9:15-10:15 AM	8/8: 9:15-10:15 AM	8/9: 9:15-10:15 AM

**Director: Mark Domschot – WBL Assistant Girls Coach and Youth Coach**

**Other Instructors:**

- Casey Rooney and Shyler Sletta (Read and React Hockey)
- Miles Van Tassel (Acceleration MN)
- WBL Girls High School and Youth Coaches
- Current and Former White Bear Lake Hockey Players

**Age Levels: 2018-2019 10U and 12U**

**Skater Cost: \$350**

**Goalie Price: FREE**

**\*Please have your daughter bring an ORANGE, BLACK, and WHITE JERSEY if possible**

**\*Sign up fast! This is limited to 35 skaters!**

**Mission Statement of BEARS Summer Training Program:** *Our program is for the girl who wants to be a part of the great tradition of White Bear Lake Hockey. We will reinforce the skills, attitude, and concepts that will keep WBL one of the top programs in the state all while having a fast paced great time! Professional coaches will lead the girls through the latest in skill development. Current and past players from White Bear Lake will assist in the camp as instructors and role models for your daughter. Affordability is always a concern. We want to give girls the opportunity to experience the great sport of hockey at our camp at a fair price! 23.5 hours for \$350 is less than \$15 per hour!*

**Sessions vary from 60-75 minutes and there will be 4 or more instructors on the ice teaching from the following practice plan outline:**

- Full ice drills: stride, posture, edge work/technique, and over-speed training**
- Stations: agility, puck control, shooting, 1-1 battles, and passing**
- Small Games: creative offensive and disciplined defensive concepts taught through small area games**
- 4-4/5-5 full ice scrimmages**

**Make check out to MARK DOMSCHOT and mail to:  
Mark Domschot, 2616 Norway Pine Drive, WBL, MN 55110  
Call with questions at 612-296-7977 or email at [mdomschot@isd12.org](mailto:mdomschot@isd12.org)**

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

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

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

Cell Phone #1: \_\_\_\_\_

Cell #2: \_\_\_\_\_

**Waiver:**

**By signing below, I hereby state that I will not hold Mark Domschot or the coaching staff of *Bears Summer Training Program* liable for injuries or illnesses sustained in *Bears Summer Training Program*. I also realize that the staff of the *Bears Summer Training Program* may have to act in a medical emergency concerning my child. I give my permission for them to do so.**

**Parent signature:**

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