

# Roseville High School Hockey Summer Program

## 2018

**Location:** Roseville Ice Arena

**Staff:** - Roseville Boys High School Hockey Coaches: Ryan Adams and Staff

- Goaltender Coaches Steve Barrett and Marshall Murphy

**Practice plan:** skills training, small games, team systems/concepts, scrimmages, strength training, and team building

### Schedule:

	Ice	Strength Training
June 11	8:15-9:45 am	10:00-11:00 am
June 13	8:15-9:45 am	10:00-11:00 am
June 14	8:15-9:45 am	10:00-11:00 am
June 18	8:15-9:45 am	10:00-11:00 am
June 20	8:15-9:45 am	10:00-11:00 am
June 21	8:15-9:45 am	10:00-11:00 am
June 25	8:15-9:45 am	10:00-11:00 am
June 27	8:15-9:45 am	10:00-11:00 am
June 28	8:15-9:45 am	10:00-11:00 am
July 9	8:15-9:45 am	10:00-11:00 am
July 11	8:15-9:45 am	10:00-11:00 am
July 12	8:15-9:45 am	10:00-11:00 am
July 16	8:15-9:45 am	10:00-11:00 am
July 18	8:15-9:45 am	10:00-11:00 am
July 19	8:15-9:45 am	10:00-11:00 am
July 23	8:15-9:45 am	10:00-11:00 am
July 25	8:15-9:45 am	10:00-11:00 am
July 26	8:15-9:45 am	10:00-11:00 am



## Extra Notes:

- Cost of the summer program is \$360
- Players must be eligible to play High School for Roseville in 2018-2019
- I will be adding scrimmages against other teams, I will send updates to the schedule ASAP
- Player safety is our priority, this is reflected in our on-ice expectations and practice plans
  - Coach Adams is CPR/AED Certified and First Aid Certified
  - Coach Adams and his staff have an emergency action plan and emergency contact info
- Roseville Hockey t-shirts will be given to players whose registrations is received by May 1st
- All players please bring a white and black jersey.
- All players need a t-shirt, shorts, and athletic shoes for strength training and team building
- My primary source for communication will be email, I will send out updates and changes to the schedule
- I will send out an email confirming your registration and notifying you when I will be cashing your check
- Thank you for your commitment to your player and to Roseville Hockey! Let me know if you have any questions or concerns.

Coach Adams

Ryan Adams

(c) 320-282-5975

[ryan.adams@isd623.org](mailto:ryan.adams@isd623.org)

# High School Summer Hockey Registration:

Player Name: \_\_\_\_\_ Player Phone# \_\_\_\_\_

2016-2017 Team: \_\_\_\_\_ Position: \_\_\_\_\_

Adult Shirt Size \_\_\_\_\_

Parent/Guardian Contact Info:

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

Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

Waiver:

Coach Adams will make safety a priority in practice planning and execution, but injuries may occur. **Ryan Adams** will not be held liable for any injury incurred while participating in the summer hockey program both on the ice and during off ice activities. Certain risks are inherent during the participation of a hockey camp and hockey training. I do hereby release Ryan Adams and his staff from any and all claims for injury suffered as a result of my child's participation in the Roseville Summer Hockey Program.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Please write checks of \$360 to Ryan Adams and mail them with this completed registration form to:

Ryan Adams

4996 120<sup>th</sup> Street N.

White Bear Lake, MN 55110