

STP Directors

STP Director:
Ritch Menne, CHS Head Coach

STP Associate Directors:

Gary Tolkinen, CHS Defense Coach
Chris Johnson, CHS Forward Coach
Scott Kranz, CHS Defense Coach
Jessie Ramirez, JV Head Coach
Jim Allen, JV Assistant Coach
Cole Gooder, JV Assistant Coach

STP Goalie Director:
Justin Grant, CHS Goalie Coach

STP Strength & Conditioning:
Steve Alford, Certified Trainer



Centennial 2019 High School STP Registration Form

Player's Name _____

Address _____

Home Phone () _____ Cell () _____

Birthdate _____

Parents' Names _____

Email _____

2019-20 winter team _____ 2020 desired level/position _____

Centennial Cougar High School
Summer STP On-Ice \$550

Make payment to Ritch Menne and mail to: Ritch Menne, 7651 Mustang Lane, Lino Lakes, MN 55014, by May 1, 2020.

Centennial Summer Training Program Waiver—I, the parent/guardian of _____ realize that Ritch Menne and the Centennial Summer Training Program staff may have to act in a medical emergency concerning my child and that they have my permission to do so. I hereby waive and release Ritch Menne and the Centennial Summer Training Program staff from any and all liability for any injuries and illnesses that my child incurs during this hockey clinic. Parent/Guardian Signature _____

Prepare and train for the 2020–21 hockey season with:

- Summer on-ice training
- Strength and conditioning



2020 Centennial Cougars High School Hockey STP

Train with the Centennial High School boys hockey coaching staff, current CHS players, and former CHS players who have gone on to play college and junior hockey. Sessions have a minimum of 20 and maximum of 30 players.



High School Summer On-ice Training

Focus on a variety of skills and hockey concepts based on age. Cost: \$550.

Held at Centennial Sports Arena

Monday—Wednesday—Friday

June 8, 10, 12, 15, 17, 19, 22, 24, 26;

July 13, 15, 17, 20, 22, 24

High School I 6–7:30 a.m.

(letter winners and all seniors)

High School II 7:40–9:10 a.m.

(returning JV players, incoming bantams, U16, and Junior Gold)



Spring and Summer Dryland Training

Speed, strength, power, and core training. Watch for email from CYHA.



Centennial High School Cougars 2018 Section Champions



*“Motivation is what gets you started.
HABIT is what keeps you going.”*



Contact Information

Call Ritch Menne at 651-280-8600 or email Mennesota@aol.com with questions

Training facility

Centennial Sports Arena
4810 103rd Ln NE , Blaine, MN