



Do today what others won't...

Do tomorrow what others can't!

This is where it all begins; championships are built in the offseason! The Hermantown Hockey Summer-Speed-Strength Camp develops players by increasing their speed, strength, skills, and overall hockey sense. The S<sup>3</sup> Camp is coached by the **Hermantown High School Staff** all of whom are committed to making the Hermantown Hockey Program the best Hockey Program in the State of Minnesota. The S<sup>3</sup> Camp is a tremendous opportunity for Hermantown Bantam and High School Hockey players to improve their individual hockey talents as a team in their own rink and outdoor facilities!

#### **Camp Set Up - Fewer players at one time equals more development**

The Hawks S3 Camp format will give players the opportunity for more time on the ice, more puck touches, more one-on-one coaching, and more individualized workouts. The Hawks S3 camp will divide the two age levels, High School and Bantams, into four groups each (A,B,C,D). The age level groups will be divided equally and the rotation of groups through the ice times will allow all players to skate together over the course of the summer. In addition, all players will skate together on Thursday as one large group, to crank up the tempo of practice and create chemistry and camaraderie. This format of camp allows for more skill development, individualized coaching, and most importantly more puck touches.

**Cost - \$550.00**      **Click Here for Camp Registration Form:** [Hawks S3 Camp Registration Form](#)

Camp will run three days a week for six weeks, June 10 – July 25. That's 24 hours of on-ice training and 18 hours of off-ice strength training, 42 hours of professional hockey training for \$550.00! This also includes an official Hawks S<sup>3</sup> Camp T-Shirt.

#### **Camp Schedule**

Camp runs every Monday, Tuesday, and Thursday for SIX weeks, starting **June 10<sup>th</sup>** and ending **July 25<sup>th</sup>**.

Camp **will not be held** the week of the 4<sup>th</sup> of July, **June 30 – July 7**.

#### **Daily Schedule at Hermantown Arena**

Players will be assigned a group, these groups will be posted at the rink on June 12th when players arrive. The players are required to skate and work out with their assigned groups. **NO EXCEPTIONS!** The players will be at Hermantown Arena for two hours and fifteen minutes on **Monday and Tuesday**: on these days if they skate first they will work out after, if they skate second they will work out first.

All players will skate and work out together with their entire age level on **Thursdays**.

<b>Monday and Tuesday Group Schedule</b>		<b>Week 1 6/10-6/13</b>	<b>Week 2 6/17-6/20</b>	<b>Week 3 6/24-6/27</b>	<b>Week 4 7/08-7/11</b>	<b>Week 5 7/15-7/18</b>	<b>Week 6 7/22-7/25</b>
<b>HS Skate 1</b>	<b>7:00 - 8:00</b>	AB	BD	AD	AB	BD	AD
<b>HS Skate 2</b>	<b>8:15 - 9:15</b>	CD	AC	BC	CD	AC	BC
<b>HS Workout 1</b>	<b>7:00 - 8:00</b>	CD	AC	BC	CD	AC	BC
<b>HS Workout 2</b>	<b>8:15 - 9:15</b>	AB	BD	AD	AB	BD	AD
<b>Bantam Skate 1</b>	<b>9:30 - 10:30</b>	AB	BD	AD	AB	BD	AD
<b>Bantam Skate 2</b>	<b>10:45 - 11:45</b>	CD	AC	BC	CD	AC	BC
<b>Bantam Workout 1</b>	<b>9:30 - 10:30</b>	CD	AC	BC	CD	AC	BC
<b>Bantam Workout 2</b>	<b>10:45 - 11:45</b>	AB	BD	AD	AB	BD	AD

#### **Thursday Schedule:**

**High School Skate (All HS Players) - 7:00 - 9:15**

**Bantam Work Out (All BN Players) - 8:15 - 9:15**

**High School Work Out (All HS Players) - 9:30 - 10:30**

**Bantam Skate (All Bantam Players) - 9:30 - 11:45**