

## North Shore Hockey Camp

“North Shore Hockey Camp” will focus on overall physical training, stickhandling and shooting. Physical training goals include increasing strength, endurance, quickness, agility and flexibility through a variety of training methods. The goal of physical training is to develop core and leg muscles necessary to prevent injury and to properly skate. Skills training will be done in a fun group environment to help increase engagement with fundamental shooting and stickhandling drills. Information regarding nutrition, mental health and wellness also provided throughout sessions. Athletes will be grouped by age.

**Where:** Lake County Arena, Two Harbors

**When:** Tuesdays and Thursdays

**Time:** 5:30-7pm

Starting June 11<sup>th</sup> and ending July 30<sup>th</sup> (13 sessions)

**Who:** any person ages 9-18 looking for a fun work out

**Cost:** \$30

**What to bring:** workout clothes, quality shoes, water bottle, sticks, gloves

**Coaches:** Dan Thewis and Andy Fellows

**Contact:** Dan Thewis      [dthewis@isd381.org](mailto:dthewis@isd381.org)      651-621-0858

This REGISTRATION FORM will be collected at any school Principal's office BEFORE May 31 or mailed to

TIM REPPE  
532 8th Avenue  
Two Harbors, MN 55616

**PLEASE NOTE:**

The City of Two Harbors is not responsible for any personal injuries resulting from participation in Summer Recreation Programs.

**\*\*When entering THHS use the Student parking Lot off the Cedar Rd. and use DOOR #14 ONLY for Entering and Exiting\*\***

Detach here -----

Activities Registering for :

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FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_

GRADE: \_\_\_ AGE: \_\_\_ PHONE: (\_\_\_) \_\_\_ - \_\_\_\_\_

ADDRESS \_\_\_\_\_  
\_\_\_\_\_

AMOUNT ENCLOSED \$ \_\_\_\_\_ CHECK \_\_\_\_\_ CASH \_\_\_\_\_

\*cash or check only\*