

ANDOVER GIRLS YOUTH SUMMER HOCKEY 2024 PROGRAM

The Andover Girls Youth Summer Program will develop the athlete through on and off ice instruction. This program will focus on stick skills, edgework, compete level, having confidence with the puck; in addition to introducing youth players into the core values of the high school program.



New This Year- 9 Week Program!

Will Be Following this Schedule:

Tuesdays: Small Group Skill Stations

Thursdays: 30 min Edgework with Individual Skating Attention and Video Feedback/30 min Small Games

*Space is **Limited to ensure low coach to player ratio.***

Who: Andover U12 players and U10 players entering the 2024-25 season.

Where: Andover Community Center

Time: Tuesdays/Thursdays June 11- August 15*

Ice 915-1015am/Dryland 1025-1115am

**No hockey July 2 and July 4*

Cost: \$625*

\$300 is required with registration and is due by May 13, 2024. Final Balance is due on or before June 11th before you will be allowed to take the ice.

* Goalies \$500 and must let me know if they will miss sessions.

Goalie coach will there be at least one day/week. Thursdays solo time while players do edgework.

Lead Instructors

Melissa Volk, Andover Head Coach (2013-current)

- Additional coaching experience: Upper Midwest Elite League, MN Hockey, Os Hockey Training
- CSCS Strength and Conditioning Coach
- St. Olaf College, BA Exercise Science & Management; St. Cloud State Univ., MS Sport Management
- St. Olaf College Hockey (2005-09)

Claire Butorac, Minnesota PWHL, Former Husky, Mankato State

Grace Halvorson, Former Husky, Bethel University

Gabby Krause, Former Husky, University of Minnesota Duluth

Ella Boerger, Former Husky and Ms. Hockey, University of St. Thomas

Maddie Brown, Former Husky, University of St. Thomas

Courtney Stagman, Former Husky, St. Anselm's College

Current HS Coaching Staff and Players

More Current Collegiate Players (Former Huskies)

Let me know any questions you may have. Thank you!

Melissa Volk

612.810.1089 or ironhockeytraining@gmail.com

ANDOVER GIRLS YOUTH SUMMER HOCKEY 2024 REGISTRATION

Online registration at: ironhockeytraining.sportngin.com (processing fee will occur) or please mail entire form and payment:

Melissa Volk

Contact me at melissasailor3@gmail.com or 612.810.1089 for address



Player Information

Player Name _____ Address _____

City/State/Zip _____

Level Played Last Year _____ Grade for 2024-25 _____

Email Address _____

Emergency Contact and Phone# _____

Make Checks Payable to: "Iron Hockey Training" Amount enclosed _____

Waiver

I acknowledge and fully understand that each participant, attendee is voluntarily engaging in activities that involve risk of injury (even catastrophic injury) which might result not only from their own actions, inactions, or negligence but the actions, inactions or negligence of others, the rules of play, or the conditions of the premises or any of the equipment used, and that further, that there may be a risk not known to Iron Hockey Training, the Andover Girls High School Team and Andover Summer Training Coaching Staff or Andover Girls High School Booster Club not reasonably foreseeable at this time. I further assume all the foregoing risks as a condition of participation and accept personal responsibility for the damages following any such injury and acknowledge that it is the participant's responsibility to be properly insured and/or pay all medical costs in the event of an injury and to be knowledgeable of where to contact assistance in the case of an emergency. Intending to be legally bound thereby, I hereby release, waive, unconditionally discharge and consent to not sue Melissa Volk, the Andover Girls High School Summer Training Team and Players, or Andover Girls High School Booster Club organizers, administrators, officers, coaches, and other employees or volunteers of the organization.

Parent/Guardian Name _____

Parent/Guardian Signature _____ Date _____