

Skating Skills * Speed * Passing * Shooting * Puck Control * Strength
Training

2021 North Metro Summer Training Program

MITES | U10 | SQUIRTS | U12 | PEEWEES | U15 | BANTAMS



This Summer Training Program is for any player looking to improve their hockey skills while getting a great hockey workout at the same time. The program consists of both on-ice and off-ice drills and conditioning, we will include checking for Bantams.

The on-ice and off-ice program is led by the North Metro Coaches.

PROGRAM DETAILS (I)= On-Ice Rink 2 (D)= Dryland

BANTAM/PEEWEE

Jul 8 th Thurs	5:30PM– 6:15PM(D)	6:45PM– 7:45PM(I)
Jul 15 th Thurs	5:30PM– 6:15PM(D)	6:45PM– 7:45PM(I)
Jul 22 th Thurs	6:30PM– 7:30PM(D)	8:00PM– 9:00PM(I)
Jul 29 th Thurs	7:45PM– 8:45PM(D)	9:15PM– 10:15PM(I)

SQUIRT/MITE

Jul 6 th Tue	6:45PM– 7:45PM(D)	8:15PM– 9:15PM(I)
Jul 13 th Tue	6:45PM– 7:45PM(D)	8:15PM– 9:15PM(I)
Jul 20 th Tue	6:45PM– 7:45PM(D)	8:15PM– 9:15PM(I)
Jul 27 th Tue	6:45PM– 7:45PM(D)	8:15PM– 9:15PM(I)

CONTACT: Dustin Stenglein (nmhockeyops@nmyha.com) or 612-670-3644



ALL 6 SESSIONS

Sign up for (circle one)	PRICE
BANTAM/PEEWEE GROUP	\$100.00
SQUIRT/MITE GROUP	\$100.00

INDIVIDUAL SESSIONS

Sign up for (circle one)	PRICE
BANTAM/PEEWEE GROUP	_____ X \$25.00/session = _____ (# of Sessions)
SQUIRT/MITE GROUP	_____ X \$25.00/session = _____ (# of Sessions)

2020/2021 Team

Birthdate

NAME _____

ADDRESS _____

PHONE _____

(Please complete 1 form per participant **)**

We, the parents/guardians of _____ agree that the North Metro Youth Hockey Assn (NMYHA) Summer Training Program and/or its staff not be held responsible for any accident or loss of personal property, however caused, and agrees to release the above parties from all claims of damages which may arise as a result of such accidents or loss. It is further agreed that all risks while watching and/or participating in the NMYHA Summer Training Program are assumed by the player and his/her parents and/or guardian and this assumption is acknowledged and approved by their signature hereto. We have read the foregoing, have explained to our player, and agree to the terms/conditions as stated. We, the parents and/or guardians of the above signed applicant give our consent to his/her participation in the NMYHA Summer Training Program.

Signature

Date

Please make checks payable to NMYHA and send along with this form to: NMYHA STP at 9920 Chestnut Ave N, Brooklyn Park 55443