



RECHARGED



2023 FALL HOCKEY SCHOOL

August 13 - October 5

Registration fee is just \$160

Skills Development and Tryout Prep

Located at Rochester Recreation Center

Mites - Squirts - Peewees - Bantams - Girls

Learn from the best! The Rochester Hockey Foundation Fall School will feature 11 hours of on-ice training to provide your player with a strong base to start the season. Qualified hockey skills instructors and staff will lead the way.

Get ready for your upcoming season with the Rochester Hockey Foundation Fall School! This program will get you on the ice and up to speed as you enter your fall tryouts and season start. Experienced coaches will guide you through skills development stations and motivate you to bring out your best efforts. Are you ready!

- ★ **GAIN THE COMPETITIVE EDGE ON YOUR COMPETITION!**
- ★ **MAXIMIZE SPEED AND QUICKNESS TO GET TO THE PUCK!**
- ★ **LEARN HOW TO SHOOT TO SCORE WITH INSIDER TIPS!**
- ★ **WIN THE PUCK BATTLES AND KEEP THE PUCK ON YOUR STICK!**
- ★ **REGISTRATION LIMITED TO THE FIRST 36 PLAYERS!**
- ★ **FIVE AGE GROUP LEVELS TO CHOOSE FROM!**



SCHOOL SESSIONS & SCHEDULES

Session I: Mite (ages 5-8)

August:	24	5:30-6:30pm
	28	5:30-6:30pm
	31	5:30-6:30pm
September:	7	5:30-6:30pm
	11	5:30-6:45pm
	14	5:30-6:30pm
	18	5:30-6:30pm
	21	5:30-6:30pm
	25	5:30-6:30pm
	28	5:30-6:30pm
October:	2	5:30-6:30pm

Session II: Squirt (ages 9-10)

August:	20	3:45-4:45pm
	24	6:45-7:45pm
	27	3:45-4:45pm
	31	6:45-7:45pm
September:	7	6:45-7:45pm
	10	3:45-4:45pm
	14	6:45-7:45pm
	17	3:45-4:45pm
	21	6:45-7:45pm
	24	3:45-4:45pm
	28	6:45-7:45pm

Session III: PeeWee (ages 11-12)

August:	20	5:00-6:00pm
	21	6:45-7:45pm
	27	5:00-6:00pm
	28	6:45-7:45pm
September:	6	6:45-7:45pm
	10	5:00-6:00pm
	17	5:00-6:00pm
	18	6:45-7:45pm
	20	6:45-7:45pm
	24	5:00-6:00pm
	25	6:45-7:45pm

Session IV: Bantam (ages 13-14)

August:	20	5:45-6:45pm
	24	8:00-9:00pm
	27	5:45-6:45pm
	31	8:00-9:00pm
September:	7	8:00-9:00pm
	10	5:45-6:45pm
	12	6:45-7:45pm
	14	8:00-9:00pm
	17	5:45-6:45pm
	19	6:45-7:45pm
	21	8:00-9:00pm

Session V: Girls (ages 8-15)

August:	20	4:30-5:30pm
	23	6:45-7:45pm
	27	4:30-5:30pm
	29	6:45-7:45pm
	30	6:45-7:45pm
September:	6	5:30-6:30pm
	10	4:30-5:30pm
	13	6:45-7:45pm
	17	4:30-5:30pm
	19	5:30-6:30pm
	20	5:30-6:30pm



Space is limited to the first 36 skaters and 6 goalies per age session. This will fill on a first served basis. Once registered, you will receive by e-mail a confirmation for your camp session. We will work on the ice within your session in groups of 12 and that will be based on age and skill base. Players should bring a white and dark jersey each session and a water bottle.

All registration takes place on-line. Check out the website or scan the QR code to access the registration page - go directly to:

www.rochesterhockeyfoundation.org/fall-registration

For RHF assistance please call Bob at 507-358-8991 or by e-mail at bmontrose@rochestermn.gov

