

EAST RIDGE GIRLS HOCKEY SUMMER TRAINING PROGRAM 2019

STP for East Ridge Girls going into grades 8-12

- All ice is at HealthEast Sports Center
- 22.5 hours of ice time
- Possible added scrimmages



COST

- Player: \$275
- Families with 2 players: \$475
- Goalies: \$50

Please sign up by June 1st

***Participating Goalies: notify Coach McClintick when you will NOT be at an ice session*

Sun, June 16	7:30 PM – 8:45 PM (West)
Tues, June 18	11:05 AM – 12:20 PM (East)
Wed, June 19	10:50 AM – 12:05 PM (East)
Sun, June 23	7:30 PM – 8:45 PM (West)
Tues, June 25	11:05 AM – 12:20 PM (East)
Wed, June 26	10:50 AM – 12:05 PM (East)
Sun, July 7	7:30 PM – 8:45 PM (West)
Tues, July 9	11:15 AM – 12:30 PM (East)
Wed, July 10	10:50 AM – 12:05 PM (East)

Sun, July 14	7:30 PM – 8:45 PM (West)
Tues, July 16	11:15 AM – 12:30 PM (East)
Wed, July 17	10:50 AM – 12:05 PM (East)
Sun, July 21	7:30 PM – 8:45 PM (West)
Tues, July 23	11:15 AM – 12:30 PM (East)
Wed, July 24	10:50 AM – 12:05 PM (East)
Sun, July 28	7:30 PM – 8:45 PM (West)
Tues, July 30	11:15 AM – 12:30 PM (East)
Wed, July 31	10:50 AM – 12:05 PM (East)

Please mail registration form(s) with your payment

Make checks payable to Kim McClintick; 2706 Cornelia Trail, Woodbury, MN 55125
 Cell phone: 952-484-0353 Email: kim.mcclintick21@gmail.com

***Instead of dryland this year, players are HIGHLY encouraged to participate in the

Raptor Speed & Strength Summer Program

- Sign up at www.cecool.com
- 21 Sessions: June 10 – Aug 1 (off July 1-5)
- Mondays, Tuesdays, Thursdays 8:30 AM – 10:30 AM at ERHS
 - Cost \$150 – t-shirt included
- For more information/questions contact Coach Rainey at 612-965-1346 or shannonrainey21@gmail.com



EAST RIDGE GIRLS SUMMER HOCKEY REGISTRATION

PLAYER INFORMATION

Player Name _____ Address _____

City/State/Zip _____

Level Played Last Year _____ Grade for 2019-2020 _____

Position _____

Email Address _____

Emergency Contact and Phone # _____

Player is signing up to participate in the Raptor Speed & Strength Program:

Yes _____ No _____

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 the 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 the East Ridge Girls High School Team and East Ridge Summer Training Coaching Staff or East Ridge Girls High School Hockey 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 Kim McClintick, the East Ridge Girls High School Summer Training Team and Players, or East Ridge Girls Hockey High School Booster Club organizers, administrators, officers, coaches, and other employees or volunteers of the organization.

Player's Signature _____ **Date** _____

Parent's Signature _____ **Date** _____