

MAIL TO:
Summer Training Program
7628 Palomino Avenue
Otsego, MN 55330

QUESTIONS:
Coach Al Bistodeau
bistodeau5@gmail.com

Rogers STP Waiver

As parent/guardian, I give permission for my child to participate in this Summer Training Program. I am aware of the inherent risks associated with these activities and that all risks cannot be prevented. To the maximum extent permitted by law, I hereby hold harmless and release, its officers, volunteers, hockey volunteers and coaches from any claims for damages or injury to my child or property which may arise from my child's participation in the above program and all related activities.

Parent/Guardian Signature:

Date: _____

Register Today!

The Rogers Summer Training Program is available for any Rogers hockey player who will play at the Pee wee, Bantam or High School level in the upcoming 2019-20 season.

Summer Staff

Al Bistodeau - Assistant Coach
Travis Brown - St. John's Univ.
Current & Former Rogers Players
Professional Goaltending Instruction
Additional Coaches may be added



Rogers Royals Hockey STP

SUMMER TRAINING PROGRAM
2019

Rogers STP

Rogers STP consists of on-ice and off-ice training to improve individual skills while implementing team skills that are used by the Rogers High School Hockey Program. On-ice skills will include over-speed skating, shooting and passing set in high tempo drills. Other skills developed include drills to increase on-ice vision and hockey sense in small area drills and games including offensive creativity while using puck protection, creating time and space, and 1-on-1 skills. Defense skills will focus on angling, gap control, odd man rushes and proper stick & body checking technique to separate player from the puck.



JUNE 12-JULY 25

* OFF JULY 1st-5th

Mondays & Wednesdays: Skills Sessions
Thursdays: Scrimmages/small area games

NOTE: First week will run W/TH/F due to school release date of June 10

PEEWEE: \$400/skater | \$200/goalie

- * On-Ice Skills: 8:15-9:15am (M/W)
- * Off-ice Training: 9:30-10:30am (M/W)
- * On-Ice Games 1HR: 11:30 OR 12:45 (TH)

BANTAM: \$450/skater | \$225/goalie

- * Off-Ice Training: 8:15-9:15am (M/W)
- * On-ice Skills: 9:30-10:45am (M/W)
- * On-Ice Games 1HR: 11:30 OR 12:45 (TH)

HIGH SCHOOL: \$475/skater | \$225/goalie

- * On-Ice Skills: 11:00am-12:15pm (M/W)
- * Off-ice Training: 12:30-2:00pm (M/T/W)
- * On-Ice Games: TIMES TBD (TH)



SIGN-UP FORM DUE MAY 6

PLAYER NAME:

2019-20 LEVEL (CIRCLE):

PW BA HS

2019 STP LEVEL (CIRCLE):

PEEWEE:	\$400
BANTAM:	\$450
HIGH SCHOOL:	\$475
PW GOALIE:	\$200
BA/HS GOALIE:	\$225

- * Checks Payable to RRFOBC
- * Family Discount (2+) : \$50 off each player

HOME ADDRESS:

PHONE NUMBER: _____

PARENT EMAIL: _____

PLAYER JERSEY SIZE: _____

PLAYER TSHIRT SIZE: _____

PLAYER SHORTS SIZE: _____

Please complete and detach this portion of brochure and mail with check.