

2022 BLUEJACKET STP REGISTRATION INFORMATION – 6 WEEK PROGRAM

The STP program is for all 2022-2023 Cambridge-Isanti High School eligible hockey players. This is the only opportunity for the high school coaching staff to get on the ice with high school eligible players during the summer. It's a great opportunity for players as they transition to high school hockey with an increased emphasis on strength training as well as on-ice. The success we have next season is a direct result of how much each player contributes to the off season. This program brings our players together on and off the ice working towards a common goal!

Each day there is a clear focus in what we do - Monday is small area day – Tuesday is D and F splits – Wednesday is passing flow drills and battle – Thursday is team concepts and scrimmages for creativity and a fun way to end a hard week. Dryland will follow each on ice practice. In addition, separate JV and Varsity scrimmages are scheduled with other HS teams as part of this program. Coaches will include a combination of the high school coaching staff.

Strength Training, Sprint Work and Yoga - The summer workouts will focus on becoming a better athlete and better hockey player. Not only will agility, balance, coordination, speed and strength be an everyday focus, this also serves as team building; players pushing each other to get stronger and faster. Strength sessions will be approximately 45 minutes in length three days a week as well as yoga one day a week.

PROGRAM INCLUDES:

- 28 Total On-Ice Hours
- 26 Total Off-Ice Hours
- 54 Total Training Hours
- V/JV Scrimmages (Players eligible for additional Scrimmages/Tournaments. Players invited based on ability to compete at level of play. May include additional cost.)
- Free t-shirt if registered by May 15

PRACTICE TIMES:

- Varsity/JV
 - Ice: 7:30-8:30am (dryland to follow)
 - Strength/Yoga: 6:15-7:00am
 - Plus scrimmages on designated dates

COACHING STAFF:

- Head Varsity Coach – Jarad Ziebarth
- Assistant Coach – Jeremy Anderson
- Assistant Coach – Cody Kielsa
- Assistant Coach – Rich Brown
- Assistant Coach – Scott Overby
- Assistant Coach – Chris Hepp

REGISTRATION & CONTACT:

- Registration & Payment due by **May 15, 2022**
- Submit to:

Jarad Ziebarth

P.O. Box 403

Cambridge, MN 55008

Cell Phone: 763-377-2880

Email: jziebarth@c-ischools.org

PRACTICE SCHEDULE:

Date	Day	Training	Date	Day	Training
06/13/22	Monday	Small Area Day/DL/Strength	07/11/22	Monday	Small Area Day/DL/Strength
06/14/22	Tuesday	D and F Splits/DL	07/12/22	Tuesday	D and F Splits/DL
06/15/22	Wednesday	Passing, Flow Drills, Battle/DL/Strength	07/13/22	Wednesday	Passing, Flow Drills, Battle/DL/Strength
06/16/22	Thursday	Team Concepts/DL/Scrimmage	07/14/22	Thursday	Team Concepts/DL/Scrimmage
06/17/22	Friday	Yoga/Speed/Strength	07/15/22	Friday	Yoga/Speed/Strength
06/20/22	Monday	Small Area Day/DL/Strength	07/18/22	Monday	Small Area Day/DL/Strength
06/21/22	Tuesday	D and F Splits/DL	07/19/22	Tuesday	D and F Splits/DL
06/22/22	Wednesday	Passing, Flow Drills, Battle/DL/Strength	07/20/22	Wednesday	Passing, Flow Drills, Battle/DL/Strength
06/23/22	Thursday	Team Concepts/DL/Scrimmage	07/21/22	Thursday	Team Concepts/DL/Scrimmage
06/24/22	Friday	Yoga/Speed/Strength	07/22/22	Friday	Yoga/Speed/Strength
06/27/22	Monday	Small Area Day/DL/Strength	07/25/22	Monday	Small Area Day/DL/Strength
06/28/22	Tuesday	D and F Splits/DL	07/26/22	Tuesday	D and F Splits/DL
06/29/22	Wednesday	Passing, Flow Drills, Battle/DL/Strength	07/27/22	Wednesday	Passing, Flow Drills, Battle/DL/Strength
06/30/22	Thursday	Team Concepts/DL/Scrimmage	07/28/22	Thursday	Team Concepts/DL/Scrimmage
07/01/22	Friday	Yoga/Speed/Strength	07/29/22	Friday	Yoga/Speed/Strength
PRACTICE LOCATION: ISANTI ICE ARENA			JULY 4 – JULY 8 Are Off: Mandatory MSHSL Blackout Date		

2022 BLUEJACKET STP REGISTRATION FORM

Registration & Payment Due May 15, 2022

PARENT CONSENT/WAIVER OF LIABILITY:

We, the undersigned participant and parent/guardians, agree that any participation in the Bluejacket Boys Hockey Program at the participants own risk. The Coaches/Players shall not be liable for any damages arising from personal injuries or any personal or property damages that may occur to the participant while involved in any program activities or events.

We reserve the exclusive right to have administered any emergency medical or surgical treatment recommended by a physician licensed to practice medicine in the state of Minnesota. If emergency transportation is deemed necessary, authorization has been granted to summon an ambulance to transport the participant to the hospital or nearest facility based on the conditions pertaining to the incident, and that if ambulance transport or emergency treatment is deemed necessary, the parent/guardian may not be notified until after transport has been initiated. It is the participant's responsibility to be properly insured and/or pay all medical costs in the event of an injury.

We, the undersigned participant and parents/guardian, hereby acknowledge that we have read the foregoing; have explained its meaning to our player; understand its content, importance, and meaning; and hereby do approve consent to the terms and conditions above. We further represent that we are the parent(s) or legal guardian(s) of the named participant applicant, that the information given on this form is complete and accurate and consent to the participation of the participant in the Bluejacket Boys Hockey Program.

PLAYER NAME:		NEXT YEAR GRADE:	
PLAYER EMAIL:		PHONE:	
1ST PARENT NAME:		PHONE 1:	
PARENT EMAIL:		PHONE 2:	
2ND PARENT NAME:		PHONE 1:	
PARENT EMAIL:		PHONE 2:	
PARENT SIGNATURE:		DATE:	
T-SHIRT SIZE:	<input type="checkbox"/> AS <input type="checkbox"/> AM <input type="checkbox"/> AL <input type="checkbox"/> AXL		
SKATER:	<input type="checkbox"/> HS SKATER FEE (\$400) *Please make checks payable to Jarad Ziebarth		
GOALIE:	<input type="checkbox"/> HS GOALIE FEE (\$300)		