



## 2023 STP Summer Hockey Training Program

**Instructors:** CPHS Hockey Staff

**Nick Sova** (Des Moines Buccaneers 18u AAA head coach)

**Jack Karges** (Champlin Alum, played 2 years in EHL, commit to DIII MSOE)

**Brennan Boynton** (Champlin Alum, 3 years in USHL, currently playing for the University of Minnesota)

**Sam Lee** (Champlin Alum, currently a student at the University of Minnesota majoring in Kinesiology and is a personal trainer at Lifetime Fitness)

**Vincent Lamberty** (Currently a student at the University of Minnesota majoring in Kinesiology and has a personal training certificate)

**Lenny Hofmann** (Neutral Zone NHL Head Midwest Scout for US covering Minnesota High School, USHL, NAHL, coached at the NCAA and USHL level, run Central Scouting for the USHL, and most recently was Director of Scouting for Green Bay Gamblers)

### **Mission & Expectations:**

STP is a summer development program for boys in 8<sup>th</sup>-12<sup>th</sup> grade focused on developing skills of current and future Rebel high school hockey players. This skill development, both on and off ice, will prepare players for the demands of excelling in high school hockey. The goal of this camp is to raise every skater's skill level and create team camaraderie. This camp will provide players an excellent opportunity to have fun while improving the essential skills needed to be successful.

Training will focus on improving your son's overall strength and speed in a variety of ways. We will focus on the development of upper and lower body power along with a number of core and balancing exercises to improve overall stability and strength while on the ice. Players will also work on agility, flexibility, and quickness to improve their overall game along with shooting and stickhandling. We will incorporate overspeed skating drills, competition drills, and small area games.

**On Ice/Dryland practice sessions will be held at the Champlin Ice Forum on Mondays, Wednesdays, and Thursdays.**

**\*\*Players will be split into two different groups (On ice for an hour and dryland for an hour)**

June 5,7,8	3 On Ice sessions from 5:15-7:30
June 12-29	9 On Ice sessions from 8:00-10:15am (Monday's and Wednesdays) 10:30-12:45 (Thursdays only)
July 1-9	12 off ice/weight room sessions (6:00-7:30 am @CPHS weight room) OFF
July 10-27	9 On ice sessions from 8:00-10:15am (Mondays and Wednesdays) 10:30-12:45 (Thursdays Only)
	12 off ice/weight room sessions (6:00-7:30am @CPHS weight room)
<b>June 23-25</b>	<b>Scrimmage Festival @Forest Lake</b>
<b>June 28th</b>	<b>Scrimmage vs Forest Lake @ Champlin Ice Forum 6:30-8:45</b>
<b>July 13th</b>	<b>Scrimmage @ Forest Lake TBD</b>
<b>July 27th</b>	<b>Battle for Paddle (Intrasquad scrimmage)</b>
<b>July 28-30</b>	<b>Scrimmage Festival @TBD</b>

**Off Ice sessions (weight room, dryland, speed training) will be held at CPHS weight room . Off Ice sessions will be Monday-Thursday from 1:00-3:30.**

**\*\*\*Schedule will continue to change as scrimmages are added throughout the spring\*\*\***

Questions?? Contact Tom Potter

Cell: 612-308-5004

Email: [coachpotter25@gmail.com](mailto:coachpotter25@gmail.com)



## 2023 CPHS Summer Hockey Training Program

Player's Name: \_\_\_\_\_

Parents' Name/s: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Parent Phone: \_\_\_\_\_

Parent Email: \_\_\_\_\_

Player Phone: \_\_\_\_\_

Player Position: \_\_\_\_\_

DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

**Player Cost:** "X" the options are paying for.

\_\_\_\_\_ \$775.00 (STP) 2023 Summer Training Program (Including 24 weight training sessions at the high school)

\_\_\_\_\_ \$1,200 for a family with two kids in the program

**Registration closes June 4th**

**Please write and send the check and form to:**

Tom Potter

516 84<sup>th</sup> Ave NE

Spring Lake Park, MN 55432

Questions?? Contact Tom Potter- Cell 612.308.5004 Email: coachpotter25@gmail.com