

# STMA KNIGHTS

## 2019 SUMMER HOCKEY DEVELOPMENT 15<sup>th</sup> Annual

### Welcome to the STMA Knights Summer Hockey Development!

- We again are excited to continue our summer training tradition. This is our 15<sup>th</sup> year of offering this great program. Our program allows player to train with their teammates both on-ice and off- ice.
- **Highlights of STMA Summer Development**
  - 3v3 Tournament in June and July
  - Outside scrimmage for Squirt, Pee-Wee, Bantam and High School
  - Special Vacation Discount- see info below under Cost
  - 94's AAA players discount
  - Goalie Coach at each session
- Players should register for the level they will play next year

### The camp will run during the following weeks:

- June 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> and July 8<sup>th</sup>, 15<sup>th</sup>, and 22<sup>nd</sup>
- July 25<sup>th</sup> will be a scrimmage day in Buffalo  
*Squirt-7:45-8:45am, PW-9:00-10:00 am, Bantam-10:15-11:15*

\*\*\*There will be no camp the week of July 1st (4<sup>th</sup> of July Week).

<b>Groups:</b>	<b>On-Ice</b>	<b>Off-Ice</b>
Bantams	10:45-11:45 (M,Tu,Th)	12:00-12:45 (M,Tu,Th)
Pee Wees	12:00-1:00 (M,Tu,Th)	1:15-2:00 (M,Tu,Th)
Squirts	1:15-2:15 (T,Th)	2:30-3:15 (T,Th)
Mites	2:15-3:15 (T,Th)	3:30-4:00 (T,Th)

\*The first 15 minutes of mites will be free time on the ice. Staff will be present.

Pond Hockey: Fridays *June 14<sup>th</sup> and 21<sup>st</sup> and July 12<sup>th</sup> and 19<sup>th</sup>*

Bantam	9:00-10:00
Pee Wee/Squirt	10:15-11:15
Mites	11:30-12:15

**Staff:** STMA Summer Hockey Development continues to provide a tremendous staff with many years of hockey knowledge and experience.

**Jerr Johnson-** STMA Varsity Head Coach (14 years)

**Jason Johnson-** STMA Assistant Coach

**Kyle Hayden-** Goalie Coach. Former Knight and Current Alexandria Blizzard goalie

**Current and former Knights High School Staff and Players**

**\*\*Bantams and Pee Wee's are encouraged to register for weight training through Community Education and train at MSW. \*\***

**7:30 or 9:30 at STMA MSW**

**Middle School Weightlifting #273U1**

**On-Ice Training:**

**Skills** – Individual hockey skills are the most important aspects of becoming a hockey player. Our program strives develop the complete hockey player. Skating will be one of the main skills of emphasis. Other skills such as stick handling, checking, passing, and shooting will also highlighted. All on-ice training will be based upon USA Hockey's ADM model.

**Small Area Games**– Small area games will help develop the skills necessary to compete. We will have many different small ice games along with 3v3 and 4v4 games. *The more the players can touch the puck, the better overall player they will be.*

**Off-Ice Training:** Off-ice training will include a variety of training such as: shooting, stickhandling, kettlebells, yoga, plyo-metric training, speed, agility, quickness, dynamic balance, and core training. The mite and squirt dryland will consist of fitness games and activities. Below is an outline for dryland training.

Mondays-Speed and Agility

Tuesday-Shooting, Stickhandling, and Street Hockey

Thursday-Shooting, Stickhandling, and Street Hockey, yoga or kettlebells

**Costs: Includes on-ice & off-ice training, t-shirt, and jersey.**

*Vacation pricing- Many families have planned vacations. If you are planning on missing a week, you may pay the discounted rate. No discount for goalies*

<u>Group:</u>	<u>6 week rate</u>	<u>5 week rate</u>
Bantams	\$415.00 (\$100.00 goalie)	\$345.00
PeeWee	\$415.00 (\$100.00 goalie)	\$345.00
Squirt	\$285.00 (\$50.00 goalie)	\$235.00
Mites-	\$260.00	\$210.00

Questions contact Jeremiah Johnson at [jeremiahj@stma.k12.mn.us](mailto:jeremiahj@stma.k12.mn.us) or 763-221-3299



# 2019 Summer Development

Name \_\_\_\_\_ Birth Date \_\_\_\_\_

Parent Names: \_\_\_\_\_

Address \_\_\_\_\_

Home \_\_\_\_\_ Cell \_\_\_\_\_ Emergency# \_\_\_\_\_

Email \_\_\_\_\_

Jersey Size- Please circle one- Youth: s m l xl Adult s m l xl goalie

T-Shirt Size Please circle one- Youth: s m l Adult s m l xl

**Session: Select the level you will play in 2019-2020- Registration Due – June 4th to guarantee t-shirt and jersey. Registration accepted until camp begins.**

*\*\$100.00 deposit is due upon registration. Remaining balance is due the 1<sup>st</sup> day of camp.*

*Family Discount: \$50 off per additional player (discount does not apply to multiple mite players)*

*94's AAA Discount: Pay 5 week rate. If you have a vacation planned, take off one more week.*

<input type="checkbox"/> Bantam	<b>\$415 (\$100 goalie)</b>	\$345 5 week rate
<input type="checkbox"/> Pee Wee	<b>\$415 (\$100 goalie)</b>	\$345 5 week rate
<input type="checkbox"/> Squirts	<b>\$285 (\$50 goalie)</b>	\$235 5 week rate
<input type="checkbox"/> Mite	<b>\$260.00</b>	\$210 5 week rate

**Waiver:**

By signing below I hereby state that I will not hold the *STMA Arena* or the coaching staff of *The STMA KNIGHTS SUMMER HOCKEY DEVELOPMENT* liable for any injuries or illnesses sustained in the *Summer Development Program*. I also realize that the staff of *The STMA KNIGHTS SUMMER HOCKEY DEVELOPMENT* may have to act in a medical emergency concerning my child. I give my permission for them to do so. This is to certify that on this date, I \_\_\_\_\_, as parent or guardian of \_\_\_\_\_, give my consent to USA Hockey and its medical representative to obtain medical care from any licensed physician, hospital, or clinic for the above-mentioned athlete, for any injury that could arise from participation in USA Hockey activities. USA Hockey provides excess accident coverage with a \$250 deductible with no other "collectable" insurance and \$100 deductible with other "collectable" insurance. If said athlete is covered by any insurance company, please complete the following:

Name of Carrier \_\_\_\_\_

Policy Number \_\_\_\_\_

Relationship to athlete \_\_\_\_\_

Parent/Guardian signature \_\_\_\_\_ Date \_\_\_\_\_

**Make checks payable to: *STMA Summer Development*** Send to: Jeremiah Johnson  
10475 34<sup>th</sup> St. NE

