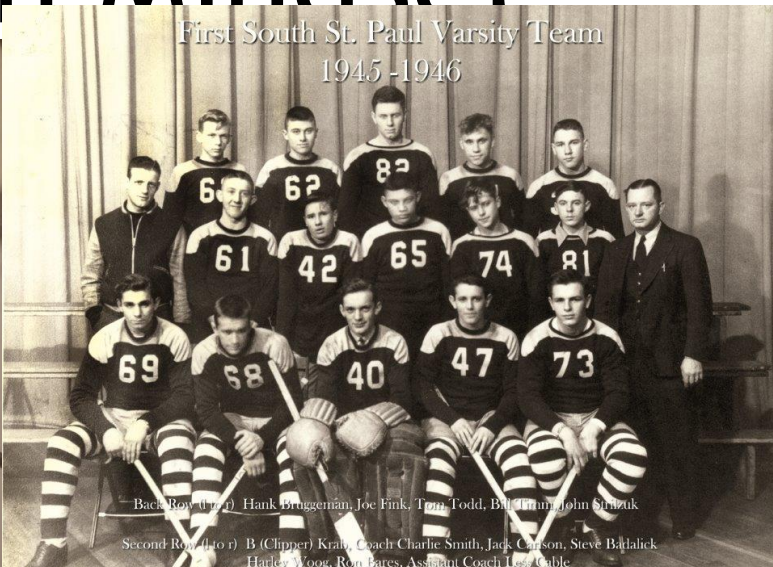


# Packer Hockey 2021-22

## “Growth Mindset”

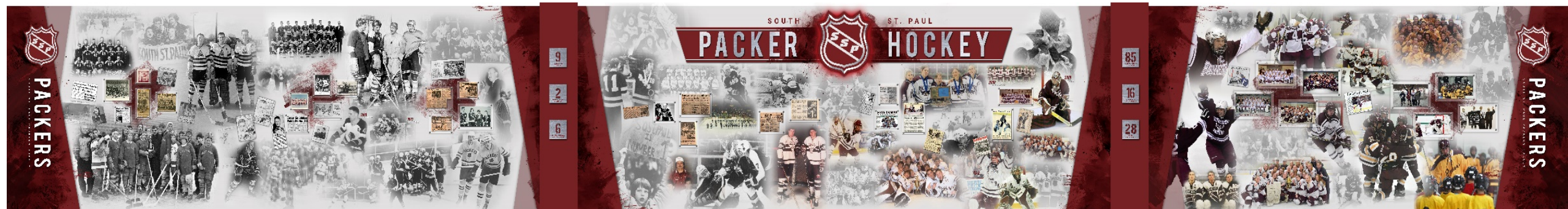




# Packer Hockey 2021-22

## “Growth Mindset”

This summer presents an opportunity for us to get back to the South St. Paul mentality of hard work and having fun together. We're a blue collar town, our hockey team should reflect those values . . .



Mondays – Thursdays: Weight Training (Begins June 14, ends August 12, off July 5-9)

Weight Training Group A- 7:50-9:05

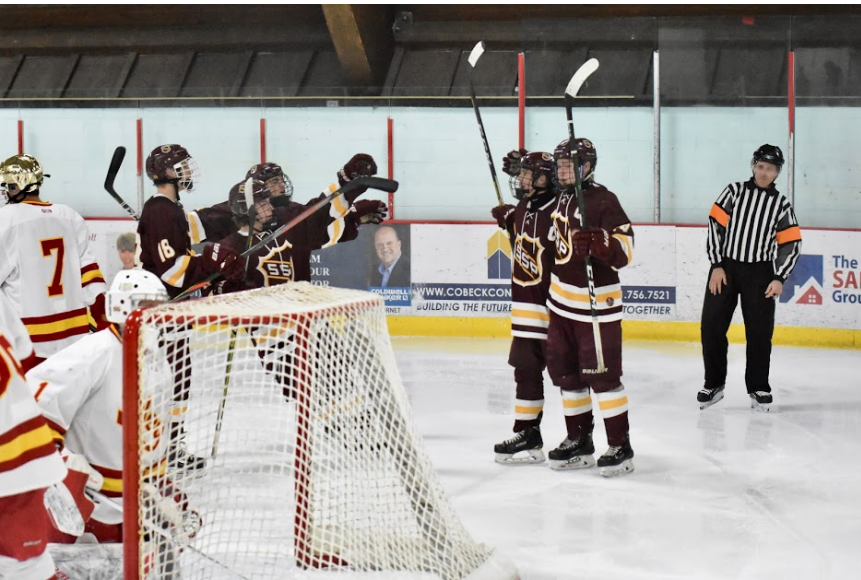
Weight Training Group B- 8:35-9:50 (HS Hockey Player Preferred Session)

Weight Training Group D- 10:00-11:15

Weight Training Group E- 10:45-Noon

\*These sessions are run by coaches I teach with who offer a positive message. Mr. Spreigl, Mr. Kennealy, and Mr. Olson are the kind of coaches I want our kids to be around.

\*\*If you commit to it, you will get stronger and faster!!





Tuesdays – Thursdays: On Ice Training (As soon as school gets out to the end of the contact period and we'll be off July 5-9)

Grades 9-12- Tues/Thur- 7:15-8:15; Wed- 6:45-7:45

Grades 6-8: Tues/Thur- 8:30-9:30; Wed- 12:30-1:30

\*These will be high tempo sessions with an emphasis on skills and small area games

\*Instructors: Coaches Schultz, Lagoo, Simons, and Buhl with SSP Alumni as well

\* Kids outside SSP Welcome



Here's what a morning will look like for athletes in grades 9-12:

1. **Tuesday and Thursday:** On ice the ice from 7:15-8:15 then to the weight room by 8:30. Get a meal in at school possibly.
2. **Wednesday:** On ice from 6:45-7:45 then to the weight room by 8:30.  
Could eat in between at school possibly

\*This schedule allows us to work, play baseball or another sport, volunteer within our community, or any other productive activity

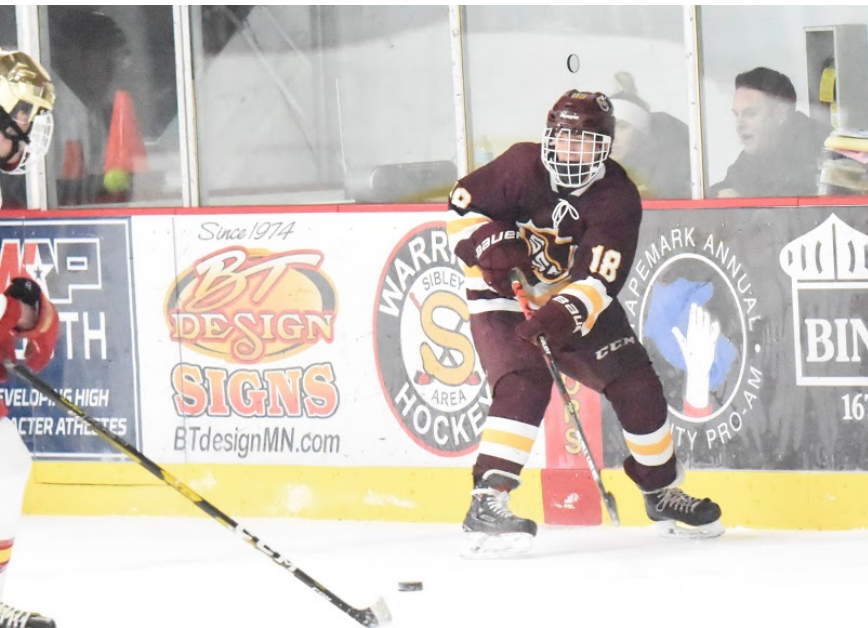




Here's what a morning will look like for athletes in grades 6-8 :

1. **Tuesday and Thursday:** On ice from 8:30-9:30 and then to the weight room by 10. Get a meal at school after.
2. **Wednesday:** Weight room session at 10, on the ice from 12:30-1:30.

\*This schedule allows kids to have the majority of the day to play baseball, tennis, football, fish, work, go to the pool or whatever



**Other Hockey Training: If families choose to do more than what we offer, here are some other options:**

1. MAP Top Gun Training for PeeWees: June 2-September 24 Cost: \$1395  
MAP Top Gun Training for Bantams: April 5-September 24 Cost: \$2495
2. The Pond STP for PeeWees: June 15-August 13 Cost: \$900  
The Pond STP for Bantams: June 15-August 13 Cost: \$900
3. Minnesota Magicians Summer Development PeeWee and Bantams: May-August Cost: \$699
4. 4 Star Camp – Geno Parrish and George Awada: June 8-Aug 27: Cost: \$2295

