



Do today what others won't...

Do tomorrow what others can't!

This is where it all begins; championships are built in the offseason! The Hermantown Hockey Summer-Speed-Strength Camp develops players by increasing their speed, strength, skills and overall hockey sense. The S³ Camp is coached by the **Hermantown High School Staff** all of whom are committed to making the Hermantown Hockey Program the best Hockey Program in the State of Minnesota. The S³ Camp is a tremendous opportunity for Hermantown Bantam and High School Hockey players to improve their individual hockey talents as a team in their own rink and outdoor facilities!

Camp Set Up - Fewer players at one time equals more development

The Hawks S3 Camp format will give players the opportunity for more time on the ice, more puck touches, more one on one coaching and more individualized work outs. The Hawks S3 camp will divide the two age levels, High School and Bantams, into four groups each (A,B,C,D). The age level groups will be divided equally and the rotation of groups through the ice times will allow all players to skate together over the course of the summer. In addition, all players will skate together on Thursday as one large group, to crank up the tempo of practice and create chemistry and camaraderie. This format of camp allows for more skill development, individualized coaching and most importantly more puck touches.

Cost - \$400.00

Camp will run three days a week for six weeks, June 8 – July 23. That's 24 hours of on-ice training and 18 hours of off-ice strength training, 42 hours of professional hockey training for \$400.00! This also includes a Hawks S³ Camp jersey to be worn during all on-ice workouts.

Camp Schedule

Camp runs every Monday, Tuesday, and Thursday for SIX weeks, starting **June 8th** and ending **July 23th**.
 Camp **will not be held** the week after the 4th of July, **July 6 – July 9. (As per MSHSL Rules)**

Daily Schedule

Players will be assigned groups and the **groups will be posted at the rink on the first day of camp**. The players are required to skate and work out with their assigned groups. **NO EXCEPTIONS!** The players will be at Hermantown Arena for two hours and fifteen minutes on **Monday and Tuesday**: on these days if they skate first they will work out after, if they skate second they will work out first. All players will skate and work out together with their entire age level on Thursdays.

Monday and Tuesday Group Schedule:		Week 1 6/8-6/11	Week 2 6/15-6/18	Week 3 6/22-6/25	Week 4 6/29-7/2	Week 5 7/13-7/16	Week 6 7/20-7/23
HS Skate 1	7:00 - 8:00	AB	BD	AD	AB	BD	AD
HS Skate 2	8:15 - 9:15	CD	AC	BC	CD	AC	BC
HS Work Out 1	7:00 - 8:00	CD	AC	BC	CD	AC	BC
HS Work Out 2	8:15 - 9:15	AB	BD	AD	AB	BD	AD
Bantam Skate 1	9:30 - 10:30	AB	BD	AD	AB	BD	AD
Bantam Skate 2	10:45 - 11:45	CD	AC	BC	CD	AC	BC
Bantam Work Out 1	9:30 - 10:30	CD	AC	BC	CD	AC	BC
Bantam Work Out 2	10:45 - 11:45	AB	BD	AD	AB	BD	AD

Thursday Schedule:

High School Skate (All HS Players) - 7:00 - 9:15
 Bantam Work Out (All BN Players) - 8:15 - 9:15

High School Work Out (All HS Players) - 9:30 - 10:30
 Bantam Skate (All Bantam Players) - 9:30 - 11:45