

# HAWKS SUMMER TRAINING PROGRAM

OUR GOAL IS TO HELP DEVELOP YOUTH HOCKEY PLAYERS ON AND OFF THE ICE.

## WHEN

JULY 7TH-AUGUST 9TH, 2024

## SQUIRTS/PEEWEEES

MONDAY/WEDNESDAY/FRIDAY:  
6:15-7:15PM (UCC)

## BANTAMS/HIGH SCHOOL

SUNDAY: 7:30-9:00PM (UCC)  
MONDAY: GROUP A ON-ICE AT UCC  
7:30-8:30PM  
MONDAY: GROUP B AT ST. CROIX  
ACCELERATION (HUDSON) 7:00-  
8:30PM  
WEDNESDAY: GROUP B ON-ICE IN AT  
UCC 7:30-8:30PM  
WEDNESDAY: GROUP A AT ST. CROIX  
ACCELERATION (HUDSON) 7:00-  
8:30PM

## COST

### **BANTAM/HIGH SCHOOL**

\$295 PER PLAYER  
\$250 PER PLAYER FOR FAMILIES WITH MULTIPLE  
ATTENDEES  
GOALIES: \$150

### **SQUIRTS/PEEWEEES**

\$260 PER PLAYER  
\$220 PER PLAYER FOR FAMILIES WITH MULTIPLE  
ATTENDEES  
GOALIES: \$150

## WHAT'S INCLUDED

ALL PLAYERS GET 15 ON-ICE SESSIONS,  
CAMP SHIRT, HAT, AND PRACTICE JERSEY  
OR LONG SLEEVE SHIRT.

## HIGHLIGHTS OF CAMP

STRENGTH TRAINING  
PERSONAL SKILL  
DEVELOPMENT  
PERSONAL SKILL EVALUATION  
POWER SKATING  
OVERSPEED TRAINING  
FLEXIBILITY TRAINING  
PUCK SUPPORT  
SMALL AREA GAMES

NEED MORE INFORMATION:

LUCAS TRICKLE

715.688.9819 OR TRICKLELU@GMAIL.COM

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## COACHING STAFF

**LUCAS TRICKLE** - COACH TRICKLE IS BEGINNING HIS SEVENTH YEAR AS HIGH SCHOOL HEAD COACH AFTER FOUR SEASONS AS AN ASSISTANT COACH AT HENRY SIBLEY HIGH SCHOOL. HE GRADUATED FROM BALDWIN-WOODVILLE HIGH SCHOOL WHERE HE FINISHED HIS CAREER. HE WAS AN TWO-TIME CAPTAIN AND A TWO-TIME ALL CONFERENCE DEFENSEMAN. PRIOR TO RE-JOINING THE BALDWIN-WOODVILLE COACHING STAFF, HE COACHED AT HENRY SIBLEY, BALDWIN-WOODVILLE AND MOORHEAD, MN.

**MIKE OLSON** - COACH OLSON IS BEGINNING HIS TENTH YEAR AS ASSISTANT COACH AT BALDWIN-WOODVILLE HIGH SCHOOL. HE PLAYED YOUTH AND HIGH SCHOOL HOCKEY IN THE BLACKHAWK HOCKEY ASSOCIATION GRADUATING FROM ST. CROIX CENTRAL HIGH SCHOOL. PRIOR TO JOINING THE BALDWIN- WOODVILLE COACHING STAFF, HE COACHED AT HENRY SIBLEY HIGH SCHOOL.

**CRAIG CAMPBELL** - COACH CRAIG D. CAMPBELL IS BEGINNING HIS EIGHTH YEAR AS AND ASSISTANT COACH WITH "THE HAWKS." CRAIG PLAYED HIGH SCHOOL HOCKEY FOR THE NORTH ST. PAUL POLARS 1988-1990. PRIOR TO JOINING THE HAWKS STAFF, HE COACHED 8 YEARS WITH BLACKHAWK HOCKEY ASSOCIATION MITES - BANTAMS.

**RYAN LINDQUIST** – RYAN GREW UP IN ONTARIO, CANADA, WHERE HE PLAYED HIS YOUTH AND HIGH SCHOOL HOCKEY. AFTER HIGH SCHOOL, HE PLAYED FOR SENECA COLLEGE AND SEMI-PROFESSIONALLY IN EUROPE. HE HAS HELPED COACH LTS-BANTAMS, THE FUSION, AND IS THE HEAD COACH FOR THE WEHL U18 GIRLS' TEAM. RYAN WILL ALSO BE HELPING THE HAWKS HIGH SCHOOL PROGRAM IN 2024-25.

**ETHAN MORK** – ETHAN WAS A STANDOUT GOALIE AT AMERY HIGH SCHOOL AND FOR TEAM WISCONSIN. UNTIL RECENTLY, HE HELD ALMOST ALL OF THE GOALTENDING RECORDS AT AMERY. AFTER HIGH SCHOOL, HE SPENT TIME PLAYING JUNIOR HOCKEY AS WELL. MOST RECENTLY, HE HAS COACHED GOALIES AS PART OF THE HAWKS HIGH SCHOOL PROGRAM.

**JEREMY SANDERS** – JEREMY HAS BEEN VERY INVOLVED IN THE ASSOCIATION FOR A NUMBER OF YEARS. HE GREW UP PLAYING HOCKEY IN NORTH ST. PAUL BEFORE MOVING TO WESTERN WISCONSIN. MOST RECENTLY, HE HAS HELPED COACH AT BOTH THE BANTAM AND PEEWEE LEVEL.

**ALUMNI HELPERS** – BAZL COOK, DOMINIC HITE, JAKE CARLSON, BRANDON CONNETT, TRENT VEENENDAAL, JACOB SANDERS, BLAKE LOKKEN