

# ICE DAWGS

## DRYLAND, SKILLS REGISTRATION

Hello! My name is Dave Bjugson, Head Boys Hockey Coach with the MayPort Ice Dawgs. I will once again be offering a pre and post season dryland, on and off ice skills and on ice skills sessions. It will include speed and power poly-metrics along with stick handling and shooting as well as on ice skills once ice is in. I believe it is a very beneficial program to increase power and speed in the athlete as well as improving shooting and stickhandling skills. We will meet twice a week in the evenings so as not to conflict with fall activities as much as possible. I believe it can be done in conjunction with fall sports as it is improving over all athletic ability. Goalies will do hand, eye coordination drills in place of stickhandling and shooting. Dates will be posted on the Icedawg website once I know fall activities to work around which should be middle of September. The program will include approximately 20 off ice sessions in spring for ages Mite II and up. Off ice will start Oct. 1, and on ice will start Oct. 15 with spring stuff starting at conclusion of everyone's season. There will also be a fall goalie clinic consisting of 4 sessions. Cost is \$125.00 per player, \$200 for families with 2 players and \$300 for families with 3 players and so forth. Deadline is Sept. 15th. Please print off registration part or include registration info on a piece of paper and send in with checks payable to Dave Bjugson. Send to 24203 470th. Ave Roseau, MN. 56751. My contact info ndpd@cableone.net, 701-361-1166

Players Name \_\_\_\_\_ Age \_\_\_\_\_

Contact telephone # and email \_\_\_\_\_

Parents name \_\_\_\_\_

Level of play this year (I.E. 1st yr Bantam) \_\_\_\_\_