



North Wright County

SUMMER HOCKEY DEVELOPMENT – 2024 MOOSE ARENA & STMA ARENA

Welcome to the NWC Riverhawks Summer Training Program!

Dates for 10u, 12u, 15u and HS: (Mon/Thur Monti, Wed STMA)

June - 10th, 12th, 13th, 17th, 20th, 24th, 26th, 27th (*no camp on June 19th*)

July - 8th, 10th, 11th, 15th, 17th, 18th, 22nd, 24th, 25th

Dates for 8u/Mites: (Mon/Thur ALL in Monticello)

June - 10th, 13th, 17th, 20th, 24th, 27th

July - 8th, 11th, 15th, 18th, 22nd, 25th

*** There will be no camp the week of July 1st for any age level ***

Use this Link to Register:

https://docs.google.com/forms/d/1Ei8aX-z7W8qKV-DRmHMPN_k1bgVc5Q3XNhqjvERxonl/edit

| | <u>On-Ice</u> | <u>Off-Ice</u> |
|------------------------------|----------------|----------------|
| Mondays in Monticello | | |
| HS Group 1 | 6:00-7:00 am | 7:15-8:15 am |
| HS Group 2 | 7:15-8:15 am | 8:30-9:30 am |
| 12u/15u | 8:30-9:30 am | 9:45-10:30 am |
| 10u | 9:45-10:45 am | 10:45-11:30 am |
| 8u/MITES | 11:00-12:00 pm | 12:00-12:45 pm |

Wednesdays in STMA

| | | |
|------------|---------------|----------------|
| HS Group 1 | 6:00-7:00 am | 7:30-8:30 am |
| HS Group 2 | 7:15-8:15 am | 8:45-9:45 am |
| 12u/15u | 8:30-9:30 am | 9:45-10:30 am |
| 10u | 9:45-10:45 am | 10:45-11:30 am |

Thursdays in Monticello

| | | |
|-------------------|----------------|----------------|
| HS Combined Group | 7:15-8:15 am | 8:30-9:30 am |
| 12u/15u | 8:30-9:30 am | 9:45-10:30 am |
| 10u | 9:45-10:45 am | 10:45-11:30 am |
| 8u/MITES | 11:00-12:00 pm | 12:00-12:45 pm |

HS Group - available for 9th-12th graders only. Returners and those who plan to try out for the HS program this upcoming season. Coaching staff will group HS players for Mon/Wed sessions which are a combination of skills and position specific work. Thursday is game day for ALL HS players.

12u/15u - any player playing 12u next season or 15u next season. This is for 15u players who are going into 8th grade or don't plan on trying out for HS.

10u - any player playing 10u next season.

8u/Mites - any player playing mites or 8u hockey next season.

On-Ice Training:

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

Off-Ice Training:

Off ice training will include a variety of fitness training such as: shooting stations, stickhandling, plyo-metric training, speed, agility, quickness training, dynamic balance, core training, rotary power, reaction skills, and anaerobic training. The mite dryland will consist of fitness games and activities.

Costs: *Includes on-ice & off-ice training and a sweatshirt.*

| | <u>6 Week Cost</u> |
|--------------------|---------------------------|
| High School | \$450 (\$150.00 goalie) |
| 12u/15u | \$450 (\$150.00 goalie) |
| 10u | \$450 (\$150.00 goalie) |
| 8u/ Mites | \$300 |

Vacation Discount \$400 (\$250 Mites)
** missing three consecutive days in any week*

Payment Methods:

Check: **Kaleigh Bean** memo : Summer Hockey Camp
304 Cottonwood Ave NE St. Michael, MN 55376

Venmo: @Kaleigh-Hamann

Payment Due Date: **April 30th**

Summer Camp Staff:

Kaleigh Bean - Head Varsity Coach
Questions: kaleighb@mystma.org

- + High school staff members
- + Riverhawk alumni

DI and DIII Colleges
represented by our staff:

