



White Hawk Skills Training Program High School/Bantam 2013



Contact Information:

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PROGRAM HIGHLIGHTS:

- Professional staff with a personal interest in developing your player to their maximum potential.
- Train with teammates in order to improve individual skills and team concepts, leading to greater team success in the future.
- Convenient location and times, no need to travel across the metro for high quality training.
- Become a better White Hawk Hockey Player. Carry on the proud White Hawk Hockey tradition!

DAILY PROGRAM OVERVIEW:

June 5 to July 31 Everyone Off July 1-July 8

MONDAYS: HS 8:00-9:30, 9:45-10:45 Off-Ice Bantam 9:45-11:15, 11:30-12:30 Off-Ice

Skill Development is the focus of the Monday practices. All drills will be done at a high tempo to challenge the players to improve their individual skills at a high level in order to push them out of their comfort zone.

WEDNESDAY: Combined HS & Bantam 8:00-10:00 10:15-11:15 Off-Ice

The focus will be on forward and defensive positional play. We will work on the forward and defensive aspects of line rushes and learning plays to execute in different situations. Moving with speed and creating scoring opportunities is the emphasis. These practices will be combined between the high school and bantam groups in order to promote continuity and competition between the levels and the entire program.

FRIDAYS: HS 8:00-9:30, 9:45-10:45 Off-ice Bantam 9:45-11:15, 11:30-12:30 Off-Ice

The focus will be on competition this day. This will include puck battles, small area games, controlled scrimmages, and team concepts. Players will be challenged to implement the concepts trained throughout the week in to a competitive setting.

GOALIES: Goalie specific training will be every Wednesday from 10:15-11:15

WESTONKA HOCKEY CLUB: Any players registered for the Westonka Hockey Club are automatically enrolled in

REGISTRATION INFORMATION

Program Fee: \$415 for the 8+ week session. Need registration information by **May 1**.

Registration includes over 30 hours of on-ice practice time, 19 hours of dryland training, 7 hours of goalie specific training, and additional scrimmage time vs outside competition.

Full payment or a minimum deposit of \$150 must accompany each application. Final payment is due no later than **June 11, 2012**.

PLEASE REGISTER ON TIME! –Participant numbers are needed for staffing, ice times, scrimmages, etc...

RETURN WITH PAYMENT

Please circle the level the player will be in next season

BANTAM

HIGH SCHOOL

Player Name: _____ Date of Birth: _____ Address: _____

City: _____ Zip: _____ Name of Parent/Guardian: _____

Home Phone: _____ Work Phone: _____ Email: _____

Emergency Contact: _____ Phone Number: _____ 2012-2013 Team: _____

The sport of hockey, skating, and dryland activities have inherent physical risks that may result in serious injury. I knowingly and freely accept all risks. Medical and personal insurance is the responsibility of the participants. By submitting this registration form, I hereby give my consent for my child to participate in White Hawk STP hockey programs. I further agree that I will not hold White Hawk STP, its instructors or affiliates responsible or liable for any accidents, injury, or loss however caused, during attendance at one of the White hawk STP events. This also serves as written permission to have my child admitted and attended to for medical treatment in case of sickness or injury.

Parent Signature _____

Printed Name _____