

East Ridge Girls Hockey

Summer Training Program 2016

at Bielenberg Arena

5 Week STP for East Ridge Girls Grades 8-12 (in 2016-2017)

22 hours of Ice Time - 6 hours of Dryland

Cost: \$495 Goalies: \$100

Limited Enrollment – Please sign up by **May 15**

Tom Kulenkamp: Camp Director/Instructor---Head Girls Hockey Coach ER High School; over 30 years of summer hockey camp experience; 34 years experience as a Head Hockey Coach at HighSchool and College levels; college playing career with National Championship. Our camp includes skill development for all positions, developing the physical and mental aspects of the game. We emphasize positive attitude, work ethic, and team play.

Week #1 (Dryland this week only on Thursday)

Tues, June 21; ON ICE only: 12:15- 1:45 PM East

Wed, June 22; ON ICE only: 12:45- 2:15 PM East

Thur, June 23; 12:15-1:45 PM/ Dryland 1:55-2:40 PM East

Week #2 (Dryland starts this week after practice Tue. & Thurs.)

Tues, June 28; 12:00-1:30 PM/ Dryland 1:40-2:25 PM East

Wed, June 29; ON ICE only; 12:45-2:15 PM East

Thur, June 30; 12:15-1:45 PM/ Dryland 1:55-2:40 PM East

OFF WEEK

Week #3 (Dryland this week after practice Tue. & Thurs.)

Tues, July 12; 11:20 AM-12:50 PM/ Dryland 1:00-1:45 PM East

Wed, July 13; ON ICE only; 1:00-2:30 PM East

Thur, July 14; 11:10 AM-12:40 PM/ Dryland 12:50-1:35 PM East

Week #4 (Dryland this week after practice Tue. & Thurs.)

Tues, July 19; 11:20 AM-12:50 PM/ Dryland 1:00-1:45 PM East

Wed, July 20; ON ICE only; 1:00-2:30 PM East

Thur, July 21; 10:35 AM-12:05 PM/ Dryland 12:15-1:00 PM East

Week #5 (Dryland this week only on Tuesday)

Tues, July 26; 12:15-1:45 PM/ Dryland 1:55-2:40 PM West

Wed, July 27; ON ICE only 12:50-2:05 PM West

Thur, July 28; ON ICE only 10:35 AM-12:05 PM West

Please return bottom portion with your payment

Make checks payable to: Tom Kulenkamp; 907 Clover Leaf Pkwy, Blaine, MN 55434

Cell phone: 763-639-3162; Email: kulenkamp4@aol.com

Liability Disclaimer

I understand that Tom Kulenkamp does not carry insurance on players. I expressly assume all risk of loss/injury and hereby release and agree to save, hold harmless, and indemnify Tom Kulenkamp, Bielenberg Arena, and it's employees, from liability for injury or harm or other damage I or my child may sustain as a participant.

Player's Name and Email

Player's Position

Grade Next Year 2016-17

Parent's Email and phone number

Parent's signature

