

CDH GIRLS HOCKEY FALL CAPTAINS' PRACTICE

- ON-ICE SESSIONS:**
- Mondays and Wednesdays 3:10pm to 4:10pm
 - [At Highland Arena]
 - Sessions begin Monday, September 11th for 12 sessions
 - Sept: 11, 13, 18, 20, 25, 27
 - Oct: 2, 4, 9, 11, 23, 25

Ovi Freidman, Skills Specialist [passhockey.com]

Lee Goren, Former NHL player, Men's College Coach [leegorenhockey.com]

- OFF-ICE SESSIONS:**
- Tuesdays and Thursdays 3:15pm and 4:30pm
 - [At Highland Arena]
 - Sessions begin Monday, September 12th for 12 sessions
 - Sept: 12, 14, 19, 21, 26, 28
 - Oct: 3, 5, 10, 12, 24, 26

Kirk Olson, Strength and Conditioning Coach - Former MN Wild Strength and Conditioning Coach

Twin Cities Orthopedics, Head Sports Performance Coach

[email: kirk@kostrengthtraining.com]

TOTAL COST: \$375

Make check payable to CDH Girls Hockey

Please register by **September 5th** - reply to this email (Deb Klein only, please do not "Reply All") with player name to

dlhklein@gmail.com

Checks can be given to Anna Klein at CDH or coordinate a drop-off time with Deb Klein via email or text (651-253-2202)