

ANDOVER GIRLS SUMMER HOCKEY 2019 PROGRAM

The Andover Girls Summer Program will develop the student-athlete through on ice instruction and hockey-specific off ice conditioning. This program will focus on stick skills, speed, power, strength, and furthering the hockey player's knowledge of the game. In addition, scrimmages have been scheduled with other HS teams.



Who: current high school and U15 players entering the 2019-20 season.

Time: Tuesdays/Thursdays/Fridays June 11-July 26*

Tuesday: Dryland 700am/Ice 800-900am

Thursday: Ice 800-900am/Dryland 910-1000am

Friday: Ice 800-900am/Dryland 910-1000am

*No ice the week of Monday, July 1-Friday, July 5 due to MSHSL rules.

Scrimmages may be scheduled outside the normal summer program hours at no additional fee.

Cost: \$400*

\$200 is required with registration and is due by May 31, 2019. Final Balance is due on or before June 11th before you will be allowed to take the ice.

* Goalies \$150 and must let me know if they will miss sessions.

Sister Discount: \$125 off Total Bill

Lead Instructor

Melissa Volk, Andover Head Coach (2013-current)

- Additional coaching experience: Upper Midwest Elite League, MN High Performance Camps, Os Hockey Training, and various high school programs.
- CSCS Strength and Conditioning Coach; ACSM Health Fitness Specialist
- St. Olaf College, BA Exercise Science & Management; St. Cloud State Univ., MS Sport Management
- St. Olaf College Hockey (2005-09)

Current HS Coaching Staff

Current and former collegiate players

Let me know any questions you may have. Thank you!

Melissa Volk

612.810.1089

melissasailor3@gmail.com

ANDOVER GIRLS SUMMER HOCKEY 2019 REGISTRATION

Please mail entire form and payment to:

Melissa Volk
6211 167th Ave NW
Ramsey, MN 55303



Player Information

Player Name _____ Address _____

City/State/Zip _____

Level Played Last Year _____ Grade for 2019-2020 _____

Position _____

Email Address _____

Emergency Contact and Phone# _____

Make Checks Payable to: " Andover Summer Training (AST)" Amount enclosed _____

Waiver

I acknowledge and fully understand that each participant, attendee is voluntarily engaging in activities that involve risk of injury (even catastrophic injury) which might result not only from their own actions, inactions, or negligence but the actions, inactions or negligence of others, the rules of play, or the conditions of the premises or any of the equipment used, and that further, that there may be a risk not known to the Andover Girls High School Team and Andover Summer Training Coaching Staff or Andover Girls High School Booster Club not reasonably foreseeable at this time. I further assume all the foregoing risks as a condition of participation and accept personal responsibility for the damages following any such injury and acknowledge that it is the participant's responsibility to be properly insured and/or pay all medical costs in the event of an injury and to be knowledgeable of where to contact assistance in the case of an emergency. Intending to be legally bound thereby, I hereby release, waive, unconditionally discharge and consent to not sue Melissa Volk, the Andover Girls High School Summer Training Team and Players, or Andover Girls High School Booster Club organizers, administrators, officers, coaches, and other employees or volunteers of the organization.

Parent/Guardian Name _____

Parent/Guardian Signature _____ Date _____