

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, and furthering the hockey player's knowledge of the game; in addition to introducing youth players into the core values of the high school program.



Who: U12 players and U10 players entering the 2019-20 season.

Time: 8 Week Program:

Tuesdays and Thursdays June 11-July 25* *No ice July 2 and July 4
Ice 915-1015am/Dryland 1025-1115am

Tuesdays and Thursdays July 30-August 8
Ice 945-1045am/Dryland 1055-1145am

Cost: \$400*

\$200 is required with registration and is due by May 1, 2019. Final Balance is due on or before June 11th.

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

Sister Discount: \$125 off Total Bill

Lead Instructors

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)

Sarah Thedens, Andover Assistant Coach (2016-current)

Mandy Sailor, Former St. Mary's University Player (2014-18)

Claire Butorac, Mankato State University Player, Former Husky Captain (2013-2018)

Grace Halvorson, Bethel University Player, Former Husky Captain (2013-2018)

Current Andover High School 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 _____

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 _____