



RAIDER

SUMMER HOCKEY

Grades: 7th-12th

Ice Time Schedule @Roseville Arena

5/31,6/5,6/7 5:45p-8:00p

Tuesdays:

6/12,6/19,6/26,7/10,7/17,7/24,7/31

3:00p-5:15p

Thursdays:

6/14,6/21,6/28,7/12,7/19,7/26

1:45p-4:00p

Strength and Conditioning @Bethel

6/4,6/6,6/11,6/13 4:30p-5:30p

6/18,6/20,6/25,6/27,7/9,7/11,7/16,7/1

8,7/23,7/25,7/30

8:30-9:45am

*off 4th of July week

Questions:

Craig Rosenthal

craigrosie21@yahoo.com

651-249-8191

Strength and Conditioning Program:

We are extremely excited for the opportunity to partner with Bethel University.

This partnership gives us full access to a weight room that provides top of the industry equipment and 37 pieces of cardio equipment. We will also have a full gym to access.

The 8 week strength and conditioning program will be designed by a professional in the industry.

Katie Bjornson

NASM, CPT, PES, CES

-certified personal trainer

-performance enhancement specialist

-corrective exercise specialist

~Invest your time wisely.

Bethel University Wellness Center

3900 Bethel Dr, St Paul, MN 55112

On-Ice Training Program:

With 32 total hours of ice time we will focus on skill development and game concepts. These sessions will be result driven emphasizing hard work, focus and repetition. We believe that it's fun to improve through great work.

Instructors:

H.S. Coaching staff.

Craig Rosenthal, Nick Follmer, Molly Eagles, Tom Paitich

Guest Instructors:

Nicole Schammel- D1 Gopher hockey player

Sydney Baldwin- D1 Gopher hockey player (WCHA Player of the year)

Lee Stecklein- Gold Medal Olympian

Erin Read- D1 BSU hockey player

Other guest appearances throughout the camp.

~Put in the work then put in extra work.