

Saint Mary's Hockey Camp Application

Player's Name: _____

Parents' Names: _____

Address: _____

City, State, Zip: _____

Home Phone: (____) _____

Daytime Phone: (____) _____

Email Address: _____

Birth Date: ____/____/____ T-Shirt Size: _____

Position (circle): Goaltender Defense Forward

Please list the name of a desired roommate (if you have one).

How did you hear about us?

Brochure Website Local Association Email

Referred by: _____

(This person will receive a \$50 discount for referring a new camp participant.)

Camp Enrolling

Space is very limited.

Bantam Camp - July 7th to July 13th

Midget/High School Camp - July 7th to July 13th

\$945.00 for resident or \$845.00 for commuter
Goalies \$545.00 for resident or \$445.00 for commuter

Register Online:

saintmaryshockeycamp.com

Credit or Debit Cards

Name on Card _____

Credit Card # _____

Exp. Date _____ Security # (3 digit on back) _____

Signature _____

Send Registration Form to:

Saint Mary's Hockey Camp ■ 700 Terrace Heights, #62
Winona, MN 55987

Make Checks Payable to:

Saint Mary's Hockey Camp

HOW COLLEGE HOCKEY PLAYERS GET TO BE COLLEGE HOCKEY PLAYERS.



Typical Daily Schedule:

7:00	AM	Breakfast
7:30	AM	Head to Locker Room
8:00	AM	Individual Skills Ice Session
9:30	AM	Dryland Training Session
10:45	AM	Classroom Session
11:45	AM	Lunch
12:30	PM	Head to Locker room
1:00	PM	Team Skills Ice Session
2:00	PM	Dorm Time
3:30	PM	Recreation Time
5:00	PM	Dinner
6:00	PM	Head to Locker room
6:30	PM	Game
8:00	PM	Recreation Time/Plyometrics
9:00	PM	Dorm Time
10:00	PM	Lights Out

 Saint Mary's
University
OF MINNESOTA

SAINT MARY'S HOCKEY CAMP
700 TERRACE HEIGHTS #62
WINONA, MN 55987

CHAMPIONS DEDICATE A LIFETIME TO THE GAME. CAN YOU SPARE A WEEK?



SAINT MARY'S HOCKEY CAMP

Winona, Minnesota



EXPERIENCED COLLEGE COACHES MAKE SAINT MARY'S HOCKEY TRAINING BETTER.

Who better to help your hockey star get to the top than college-level coaches?

Saint Mary's Hockey Camp provides your child with personal attention from collegiate coaches and players.



Meet Your Camp Director

Bill Moore is the head Men's Hockey Coach at Saint Mary's University. He's been a high school and college hockey coach for 26 years. Bill was High School Section Coach-of-the-Year in 1993 and 1996; received the Charlie Stryker High School Coach of the Year award from the Minnesota Wild; served for three years as the President of the Minnesota High School Hockey Coaches Association; and was Minnesota representative to the USA Hockey High School Section for 11 years. He holds advanced certification from the Coach's Achievement Program, for USA Hockey.

See www.saintmaryshockeycamp.com for more details on coaches, schedules and programs.

Training Principles Make Our Grads Better

1. Development is more important than winning.
2. Off-season emphasis placed on individual development.
3. Quality repetition of skills is essential.
4. Players train to develop athleticism.
5. Relaxed competition promotes creativity.

Off-Ice Training Sessions Include:

1. Quickness and agility training for improved speed.
2. Stick handling, passing and shooting stations for increased hand skills.
3. Games and other sports used for cross training.

Program Goals:

1. Accelerate progress for players in the areas of skill development, athleticism, and competition.
2. Provide the highest quality curriculum and instruction.
3. Provide on-ice training & challenging competition supported by motivation testing, and evaluation.
4. Educate players on training techniques that they can take home with them to use all year long.
5. Challenge individuals to understand the game - not just play it.
6. Provide an elite level of training in an atmosphere of FUN.

Saint Mary's University on Campus

All players sleep in Saint Mary's dormitories, segregated by age and sex. Security is provided 24/7. They eat at Saint Mary's cafeteria. Everyone who attends gets a free jersey and t-shirt.



EMAIL US AT
STMARYSHC@HBCI.COM

REGISTER AT
SAINTMARYSHOCKEYCAMP.COM



FACEBOOK
SAINT MARY'S HOCKEY CAMP

CALL US AT
(651) 442-7306