

2020 Aaron Johnson's  
**Buffalo Summer  
Training Program**

*Fill out attached Registration Form  
and mail to:*

*Buffalo Summer Training  
Program  
10644 106<sup>th</sup> Ave. N.  
Hanover, MN 55341*

*For questions or further information  
email Coach Johnson:  
amjohnson@bhmschools.org*

*Buffalo STP believes that  
the best way to maintain  
a top flight **youth and  
high school** hockey  
program is through  
**community based  
hockey** and the  
development of  
individual skills that will  
benefit a team game.*

**Aaron Johnson's Buffalo STP**

The Buffalo Summer Training  
Program is available for any  
Buffalo hockey player



Aaron Johnson - Head Coach  
Bruce Johnson - Assistant Coach  
Thomas Johnson - Assistant Coach  
Nathan Mueller - Goalie Coach  
Nick Mueller - Power Skating  
Todd Weisjahn – European Coach

**AARON JOHNSON'S  
Buffalo HOCKEY  
STP**

*Individual Skill & Athletic Training*



**Buffalo STP**

# Buffalo Hockey STP 2020



The Buffalo Summer Training on-ice skills will include over-speed skating, shooting, and passing set in high tempo drills. Other skills developed include drills to increase on ice vision and hockey sense in small area drills and games including offensive creativity while using puck protection, creating time and space, and 1on1 skills. Defense skills will focus on angling, gap control, odd man rushes and proper checking technique to separate man from puck. Scrimmages with nearby associations will also be scheduled.

## Buffalo STP Summer Schedule June 15—July 2 & July 13—30

Mites Groups 3 & 4 Monday 8:00-9:00 AM (No off-ice training)

Squirts/U10/Mites 1&2/U8 Girls:  
Tues & Thurs

On-Ice: 7:45-9:00 am  
Off-Ice: 9:15-10:15 am

Peewees/U12: Tues, Wed, & Thurs

On-Ice: 9:15-10:30 am  
Off-Ice: 10:45-11:45 am

Bantam: Tues, Wed, & Thurs

On-Ice: 12:15-1:30 pm  
Off-Ice: 10:45-11:45 am

HS Boys: Details to follow from Coach Johnson

HS Girls/U15 Monday 12:15-1:30 pm  
Wed 7:45-9:00 am Thurs TBD

Scrimmage dates with outside associations will be scheduled on Thursday Times TBD.

Off-ice training will focus on hockey specific lifting, plyometrics, core, and dry-land training. Dry-land training includes shooting, stick-handling, and stride improvement; as well as other athletic activities

Player Name \_\_\_\_\_

2019-2020 Team \_\_\_\_\_

Position \_\_\_\_\_

2020 STP (please circle one)

Mites 3&4	\$100
Squirt/U10/Mite 1&2	\$250
Peewee /U12	\$350
Bantam	\$350
Boys High School	\$500
Girls High School/U15	\$475
Goalie Fee	\$250

\*Checks Payable to Buffalo STP

\*Registration Deadline May 15<sup>th</sup>.

\*All Prices Include \$100 BYHA credit except HS

\*One Goal Rented Gear Returned after STP

\*A flat pro-rate may be available ONLY if discussed with Coach Johnson prior to registration.

Home Address

\_\_\_\_\_

\_\_\_\_\_

Phone Number \_\_\_\_\_

Parent email \_\_\_\_\_

T-shirt & Shorts Size \_\_\_\_\_

Parent Signature

\_\_\_\_\_

Please complete and detach this portion of the pamphlet and mail with check.