



RAIDER

SUMMER HOCKEY

Grades: 7th-12th

Ice Time Schedule @Roseville Arena

5/30,6/4,6/6 5:45p-8:00p

Tuesdays:

3:00p-5:15p

6/11,6/18,6/25,7/9,7/16,7/23,7/30

Thursdays:

1:45p-4:00p

6/13,6/20,6/27,7/11,7/18,7/25

Strength and Conditioning @Bethel

Mondays and Wednesdays

6/3,6/5,6/10,6/12 - 4:30p-5:30p

6/17,6/19,6/24,6/26,7/8,7/10,7/15,

7/17,7/22,7/24,7/29

8:30-9:45am

(off 4th of July week)

Questions:

Craig Rosenthal

craigrosie21@yahoo.com

651-249-8191

Strength and Conditioning Program:

Once again we will be partnering 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. This program will be result driven emphasizing hard work, focus and repetition.

Instructors:

H.S. Coaching Staff.

Craig Rosenthal, Nick Follmer, Molly Eagles, Tom Paitich, Ryan Paitich, Abbey Smith

Guest Instructors:

MN Whitecaps Players

Sue Olson- Skating Coach

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

Lee Stecklein- Gold Medal Olympian

Erin Read- Roseville & BSU, hockey player

Other guest appearances throughout the camp.

~Do what's required, then do more!