



Raider Boys Hockey STP

NO EXCUSES, GET BETTER!

Staff

Scott Steffen Head Boys Varsity Coach
Luke Christianson Assistant Boys Varsity Coach
Professional instructors, coaches and former players

Location

Roseville Arena, John Rose Oval

Session 1: High School and Bantams

6/5 3:30 - 5:00 Player Meeting and Off Ice Testing
6/6 3:30 - 5:00 Dry Land Training / Nutrition Seminar

June 10 - July 26th

Mondays: 7:00am - 8:30am Ice, 8:45 - 9:45 Weight Training / Dry Land

Tuesdays: 9:00am - 10:30am Weight Training / Dry Land

Wednesdays: 7:00am - 8:30am Ice

Thursdays: 7:00am - 8:30am Ice, 8:45 - 9:45 Weight Training / Dry Land

Fridays: 9:00am - 10:30am Weight Training / Dry Land

Please note scrimmages will be added and the schedule will be adjusted accordingly

Cost:\$450.00

Session 2: Pee-Wees and Squirts

June 10 - July 25th, Mondays, Wednesdays and Thursdays

8:45am - 9:45am Ice, 9:55 - 10:55 Dry Land

Cost: 290.00

***There will be no sessions July 1st - 5th**

Please mail waivers and payments to:

Scott Steffen Training LLC

12945 Leyte Circle NE

Blaine, MN 55449

(651) 707-5895

steffentraining9@gmail.com

LIABILITY DISCLAIMER

Scott Steffen Training is a limited liability company. I understand that Scott Steffen, coaches and instructors do not carry insurance on players. I expressly assume all risk of loss/injury & hereby release & agree to save, hold harmless & indemnify Scott Steffen, arena locations and its employees, from liability for injury or harm or other damage I or my child may sustain as a participant.

Parent or guardian signature

Player's Signature

Insurance company and policy number

Level and Session

E-Mail