

2021 Andover Hockey Summer Training Program

This program is designed for players that want to increase skill, learn new tactics, win more puck battles, and become a better hockey player. Dryland sessions will focus on developing core strength and quickness.

This year we will be partnering with the Andover HS Strength and Fitness staff to do strength training three days a week (high school) or two days a week (Bantam/PW). With the remodeled and expanded weight room at Andover HS, we have a state-of-the-art training facility to train in. On the mornings where there is no strength training, the camp staff will lead a dryland workout that focus on quickness, speed, and agility along with a workout focusing on core strength.

Camp will meet every Monday through Thursday on the ice and two days per week for dryland sessions. Additionally, players are highly encouraged to sign up for the high school strength program. Students planning to play high school hockey should register for the 8:30 AM class that meets on Monday, Wednesday, and Friday. Students that will play bantams or pee wees in 2021-22 should sign up for the 10:00 AM class that meets on Tuesday and Thursday. These classes are separate from this camp but are an important part of summer development.

WHAT: 24 Ice Sessions plus 12 Dryland Sessions. Over 50 hours total.
WHEN: June 14 – July 29 (Mon-Thu) except July 5-8
WHERE: Andover Community Center
TIME: **High School:** WEIGHTS: 8:30-10:00am (M,W,F) Separate Registration
DRYLAND: 9:00-10:00am. (Tu and Thu only)
ICE: 10:30am-12:00pm (M-Th)
Bantam/PW: WEIGHTS: 10:00-11:30am (Tu,Th) Separate Registration
DRYLAND: 10:30-11:30am. (M, W)
ICE: 12:15-1:45pm

COST: \$750 (\$375 due with registration, balance due on June 14th)

CAMP DIRECTOR: Mark Manney, Head Coach, Andover HS

INSTRUCTORS: Brett Barta, Assistant Coach, Andover HS
Bill Thoreson, Assistant Coach, Andover HS
Mark Cotter, Assistant Coach, Andover HS
Wyatt Kaiser, Defenseman, UMD Bulldogs

GOALTENDING

INSTRUCTOR: Chase Perry, current professional and former collegiate player at Colorado College and RPI.

CONTACT: Mark Manney
(763) 567-8953
Mmanney133@aol.com

2021 Andover Hockey Summer Training Registration

Player Name: _____ Date of Birth: _____

Street Address: _____

City: _____ State _____ Zip: _____

Player Cell Phone: _____ Level Played Last Year: _____

Preferred Position: Forward Defense Goalie Grade (2021-22) _____

Parent Contact Info:

Name: _____ Cell Phone: _____

Secondary Contact Info:

Name: _____ Cell Phone: _____

Make Checks Payable to : Manney Hockey Amount Enclosed: \$ _____

Mail Checks and registration form to: Mark Manney
1411 152nd LN NW
Andover, MN 55304

WAIVER

The enrolled participant does for themselves, heirs, executives, and administrators waive and release any and all rights and claims for damages we may have against the Anoka-Hennepin ISD#11, or other district sites for any and all injuries suffered by me or my child while participating on and/or arising from the use of any facilities of the above-mentioned school district. Additionally, we agree to waive and release any and all rights and claims for damages we may have against Manney Hockey, Mark Manney, employees, contractors, and volunteers of Manney Hockey. By the signature below, we also recognize the contagious nature of COVID-19 and voluntarily assume any risk to which we may be exposed to from said enrollment.

Parent/Guardian Name: _____

Parent/Guardian Signature: _____