



Goals of STP: To accelerate year round progress in the areas of individual skill development, hockey specific athleticism, team tactical skills, competitive skills, and life style management skills.

- To provide the highest quality curriculum and instruction
- To provide on-ice practice, off-ice training, and challenging competition, supported by education, motivation, and testing, measurement, and evaluation.
- To provide a calender of training phases that offers variety and progression, leading to systematic skill development, an awareness and appreciation for proper training techniques, and enhancement of the participants athletic skills.
- To provide flexible scheduling that allow the athlete to participate in other sports during the training period.



Matt Lundin '04

APPLE VALLEY HIGH SCHOOL
C/O HOCKEY STP
14450 HAYES ROAD
APPLE VALLEY, MN 55124

APPLE VALLEY HIGH SCHOOL HOCKEY STP

since 1999

Exclusively for Apple Valley Hockey Association boys and girls who will play Squirt/U10 through first year Bantams/U14 next season.

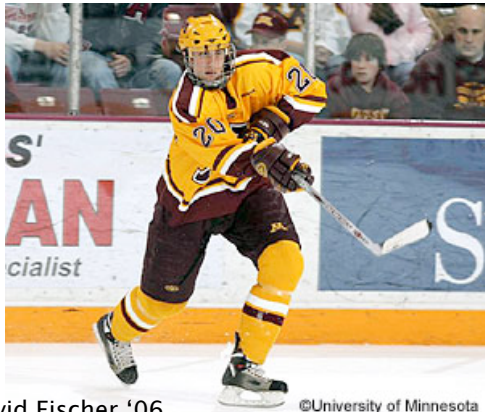
June 15th– July 31st

25 hours of Dryland Training

- Stickhandling
- Shooting
- Speed Training
- Plyometrics
- Stretching
- Cross Training

15 hours of On-Ice Practice

- Power Skating
- Stickhandling
- Passing
- Shooting
- Game Situations



David Fischer '06 ©University of Minnesota

Sample	Dryland	Schedule
2:00-2:15	Warm-up & Stretch	
2:15-2:30	Quickness	Ladder work
2:30-2:50	Speed Work	Interval Sprints on Track
2:50-3:05	Strength/ Plyo's	Medicine ball, Light Resistance
3:05-3:20	Agility/Balance	Diamond Course
3:20-3:30	Cool Down	



Mike Lundin '03



Dan Sexton '05

APPLE VALLEY EAGLES HOCKEY

About the Program

Cost for the entire summer is **\$290 for over 40 hours of supervised instruction.**

Compare the price, ice, and instruction time with any other program.

How are we able to do it for half the price?

We don't need to spend \$ for rent, \$ for full time employees being paid during down time, \$ for unnecessary bells and whistles, \$ for advertising. Our costs are limited to a small facility surcharge as well as ice time, insurance, workout wear, and some staffing.

Unlike the strip mall "elite training programs", we have a vested interest in all of our individual players both "elite" and "recreational". We customize instruction to challenge each individual at their level. All of the athletes pictured have trained the Apple Valley way.

Train alongside your friends from Apple Valley.

10% Discount for multiple family members

Summer Schedule		
Dates	Time	Location
June 15-26th Mon, Wed, Th	2:00-3:30	AVHS-Dryland
June 29th-July 1st Mon, Wed	2:00-4:30	Rosemount CC & Arena
July 8th, 9th Wed, Th	2:00-4:30	Rosemount CC & Arena
July 13th-24th Mon, Wed, Th	2:00-4:30	Rosemount CC & Arena
July 27-31st Mon, Wed, Th	2:00-3:30	AVHS-Dryland
Mid-Late July	STP Scrim-mages. (if #'s allow)	TBD

I/We understand that the training program organizers and instructors carry athletic insurance through Minnesota Hockey. I/We assume all risks and hazards incidental to this program and agree that none of the instructors, organizers, AVHA, or Apple Valley High School and or ISD #196 shall be held liable for accidents, injuries or loss of property, however caused, and agree to release all from any claim that may arise from such accidents or injuries at this training program.

Participants Name _____

Level (09-10) _____ Birthday _____

Address _____

Phone# h) _____ c) _____

email _____

Parent/Guardian Signature _____

PLEASE FILL OUT REGISTRATION FORM IN ITS ENTIRETY AND MAIL WITH \$100 DEPOSIT PAYABLE TO AVHS (non refundable after 5/20) to Apple Valley High School c/o Hockey STP. 14450 Hayes Road, Apple Valley 55124