



White Hawk Skills Training Program Squirt/PeeWee 2013



Contact Information:

Doug Runke
612-695-5957
runked@westonka.k12.mn.us
Checks Payable: White Hawk STP



Mail to:

White Hawk STP
c/o Doug Runke
3627 Hunters Trail
Minnetrista, MN 55375

PROGRAM HIGHLIGHTS:

- Professional staff with a personal interest in developing your player to their maximum potential.
- Train with teammates in order to improve individual skills and team concepts, leading to greater team success in the future.
- Convenient location and times, no need to travel across the metro for high quality training.
- Become a better White Hawk Hockey Player. Carry on the proud White Hawk Hockey tradition!

DAILY PROGRAM OVERVIEW: June 10- June 28, July 8 – August 1, No Hockey July 1- July 7

Both the Squirt and PeeWee sessions will run 3 days a week for 7 weeks. This consistency each week will allow players to build off of prior learning as we progress throughout the summer. Through this process the players will develop their individual skills in a high-tempo, competitive environment. In addition, players will be taught team concepts that will improve their knowledge of the game. The best way to do this is to continue to work with their current and future teammates throughout the summer.

PeeWee: Monday, Tuesday, Thursday 11:30-12:45 on-ice, 1:00-2:00 off-ice

Squirt: Tues and Thurs 1:00-2:15 on-ice, 2:30-3:30 off-ice; Wed 11:30-12:45 on-ice, 1:00-2:00 off-ice

Day 1: Individual hockey skills such as skating, shooting, passing, and puck control.

Day 2: Multi-skill drills and team play concepts such as line rushes and positional play. Goalie specific training.

Day 3: Competitions, including small area games and battle drills. Use skills and concepts in a competitive situations.

DRYLAND: Sessions will be for an hour immediately following all on-ice practice sessions.

GOALIES: Goalie specific training will be every Wednesday from 10:15-11:15

WESTONKA HOCKEY CLUB: Any players registered for the Westonka Hockey Club are automatically enrolled in White Hawk STP.

REGISTRATION INFORMATION

Program Fee: \$395 for the 7 week session. Need registration information by **May 1**.

Registration includes over 26 hours of on-ice practice time, 21 hours of dryland training, 6 hours of goalie specific training, and may include additional scrimmage time vs outside competition.

Full payment or a minimum deposit of \$150 must accompany each application. Final payment is due no later than **June 11, 2012**.

PLEASE REGISTER ON TIME! –Participant numbers are needed for staffing, ice times, scrimmages, etc...

RETURN WITH PAYMENT

Please circle the level the player will be in next season (2013-2014)

SQUIRT

PEEWEE

Player Name: _____ Date of Birth: _____ Address: _____

City: _____ Zip: _____ Name of Parent/Guardian: _____

Home Phone: _____ Work Phone: _____ Email Address: _____

Emergency Contact: _____ Phone Number: _____ 2012-2013 Team: _____

The sport of hockey, skating, and dryland activities have inherent physical risks that may result in serious injury. I knowingly and freely accept all risks. Medical and personal insurance is the responsibility of the participants. By submitting this registration form, I hereby give my consent for my child to participate in White Hawk STP hockey programs. I further agree that I will not hold White Hawk STP, its instructors or affiliates responsible or liable for any accidents, injury, or loss however caused, during attendance at one of the White hawk STP events. This also serves as written permission to have my child admitted and attended to for medical treatment in case of sickness or injury.

Parent Signature _____

Printed Name _____