

Summer Training Program - Tiger Hockey 2013

During a six week period in June and July the high school coaching staff will offer a training program for next year's high school hockey players. This summer we will have a combination of on-ice skill development sessions, off-ice workout sessions, and scrimmages. We have attempted to organize a schedule that will be beneficial for our players with an awareness of other summer commitments that boys have at this age. The coaching staff would also encourage all players to participate in the Tiger Strength program that is offered through Delano Community Ed and coordinated by Coach van Bergen.

Dates: 6/18, 6/20, 6/25, 6/27, (off July 1st – 5th), 7/9, 7/11, 7/16, 7/18, 7/23, 7/25; 3-4 scrimmages (TBA)

Workout times are as follows:

On-ice 4:00-5:15pm

Off-ice 5:15-6:15pm

***Both on/off-ice sessions

@ Mound Thaler Arena

On- ice

Skill development

Shooting

Passing

Puck handling

Position development

Forwards

Defensemen

Goalies

Competition

Off-ice

Agility

Core strength

Speed & Quickness

Shooting

Passing

Puck handling

Instructors:

Steve Brown High School Coach

Gerrit van Bergen High School Coach

Chad Wagner High School Coach

Andrew Carroll Connecticut Whale – AHL

Tyler Heinonen Chicago Steel – USHL / Michigan Tech – WCHA

Nick Vatnsdal St. John's University – MIAC

Ryan Pinomiemi UW-Superior – WIAC

NOTE: Please understand that players do not need to attend every off-ice and on-ice session as family vacations, baseball games, soccer games, etc. may conflict, but the workouts and skill development will be beneficial for all when in attendance.

Any questions – please call.

Steve Brown: School – 763-972-3365 ext. 3004

Home – 763-972-9416

Chad Wagner School – 763-972-3365 ext. 3032

Cell – 952-215-8034

Total cost to participate - \$220, make all checks payable to Tiger Hockey.

NAME _____

DATE OF BIRTH ___/___/___

ADDRESS _____

HOME PHONE _____

CELL PHONE _____

PLAYER'S CELL PHONE _____

Please submit your registration before April 26, 2013

Checks can be delivered to Coach Brown @ Delano High School or mailed to:

Steve Brown 1068 Woods Creek Drive Delano, MN 55328