



This is where it all begins; championships are built in the off season! The Hermantown Hockey Summer-Speed-Strength Camp, currently in its 9th year, develops players by increasing their speed, strength, skills and overall hockey sense. The S³ Camp is coached by Hermantown Alumni who are committed to making the Hermantown Hockey Program the best Hockey Program in the State of Minnesota. The S³ Camp is a tremendous opportunity for Hermantown Bantam and High School Hockey players to improve their individual hockey talents as a team in their own rink and outdoor facilities!

Patrick Andrews - Camp Director / On Ice Instructor

Coach Andrews is back for his ninth year as director of the Hawks S³ Camp. Coach Andrews delivers passion and commitment to the Hermantown program focusing on developing youth and high school players so they can fulfill their hockey goals. Coach Andrews, current head Bantam AA Coach, former Hermantown H.S. assistant and a 1998 Hermantown H.S. Hockey Captain, brings years of high school and youth experience as well as an energetic and positive coaching style that encourages players to develop and have fun doing so!

Chad Huttel - Head Strength Coach

Coach Huttel is back for his sixth year with the S³ camp. Coach Huttel holds a degree from the University of Minnesota Duluth in Exercise Science, with a focus on personal training, human physiology and sports fitness. Coach Huttel has worked as a counselor of strength and conditioning at UMD summer hockey camps and as the head strength and conditioning coach at Marshall H.S. Coach Huttel is coming off his second professional hockey season, before which he manned the blue line for the Bulldogs winning a league playoff championship in 2009, a National Championship in 2011 and was named WCHA Academic All American three times. Coach Huttel holds the record for most points by a defenseman at HHS where he also captained the 2007 Hawks to an undefeated season and the program's first State Championship. Coach Huttel is a motivated coach who is committed to improving Hermantown Hockey player's strength, conditioning, and overall athleticism.

Nate Buck – On-Ice Goalie Coach

Coach Buck is currently in his ninth year with the S³ Camp and is an assistant with the Hermantown High School team. Coach Buck was a standout goalie at HHS, manning the crease for a 3rd place state finish in 2001, and has worked alongside the best Goalie coaches in the state including Rob Stauber of The Goal-Crease Academy in the Twin Cities and Hermantown High School's own Matt Swanson. Coach Buck brings years of goalie coach experience and a dedication to the newest techniques in improving Hawk's goaltending.

Cost - \$375.00

Camp will run three days a week for seven weeks, except Thursday July 4th. That's 20 hours of on-ice training and 20 hours of off-ice strength training, 40 hours of professional hockey training for \$375.00! This also includes a Hawks S³ Camp reversible jersey to be worn during all on-ice work outs.

Camp Schedule

Camp runs every Monday, Tuesday, and Thursday for seven weeks, starting **June 10th** and ending **July 25th**.

Camp **will not be** held **Thursday July 4th**.

Location

Hermantown Arena / HAHA Outdoor Complex

Daily Schedule

High School	7:00 – 8:00 On Ice	8:15 – 9:15 Strength
Bantam	8:15 – 9:15 On Ice	9:30 – 10:30 Strength
Girls	9:30 – 10:30 On Ice	10:45 – 11:45 Strength

“The Hawks S³ Camp is a big part of our success and it's the one camp that all Hermantown Hockey players need to do!”

- Hermantown H.S. Head Hockey Coach Bruce Plante