

ROYALS HOCKEY CLINICS

PURPOSE: The Royals Summer Training Programs are designed to provide a competitive, structured, and fun environment where all athletes can improve, and strive to reach their potential.

PROGRAM OVERVIEW: Speed and skating ability is the foundation of all on-ice and off-ice training. Puck control, passing, shooting, on ice decision making, and overall game skills are a consistent focus in the program. In addition to hockey skills our staff emphasizes character, communication, goal setting, leadership, sportsmanship, and teamwork to help further develop the athlete.



SKATING SKILLS

- Forward & backward stride
- Forward & backward crossovers
- Pivots, transitions, step outs
- Posture and knee bend
- Proper glide angles & edgework

GAME SKILLS

- On ice awareness
- Shooting & scoring
- Creating time & space
- Creating offense & puck skills
- Checking, angling, gap control

GOALIES

- Movement & agility
- Recovery
- Angles & save selection
- Playing the puck
- Rebound control

Skills will be developed through demonstration, quality repetitions, small area games, as well as game situations.

STAFF:

- Justin Strunk - Rogers High School Boys Head Coach**
- Todd Weisjahn - Rogers High School Boys Assistant Coach**
- Al Bistodeau - Rogers High School Boys Assistant Coach**
- Josh Gross - Rogers High School Boys Assistant Coach**
- Anders Franke - Professional goaltending instructor, goalie at St. Johns University**

Lead instructors will be on the ice to provide expert instruction tailored to each athletes' strengths and weaknesses, to best elevate their physical and mental abilities in the pursuit of excellence. Instructors are skilled at connecting with young athletes and showing them how to improve. Additional qualified Instructors, as well as current Junior, College, and Professional players will also be on ice at times to assist Lead Instructors. Royals STP staff reserve the right to move players from one session to another. We will strive for a maximum of 6/1 player to instructor ratio. It is our philosophy that in order for each athlete to reach their potential they must approach each day with a positive attitude and maximum effort.

DATES & TIMES: All athletes should attend the level they'll be playing next year. 7 weeks, 21 on ice sessions June 8 – July 31. No activities 6/29 – 7/3.

Pee Wee	On Ice Mon/Wed/Fri	9:30 – 10:30	Off Ice Mon/Wed/Fri	10:45 – 11:30
High School	On Ice Mon/Wed/Fri	10:45 – 12:00	Off Ice Mon – Fri	8:00 – 10:00
Bantam	On Ice Mon/Wed/Fri	12:15 – 1:15	Off Ice Mon – Fri	10:30 – 12:00

* All athletes Grades 7-12 are expected to enroll separately in the Speed & Strength Program at Rogers High School.

6th Graders have separate off-ice activities M/W/F 10:45 – 11:30
7th – 8th Graders have Speed & Strength M – TH 10:30 – 12:00
9th – 12th Graders have Speed & Strength M – TH 8:00 – 10:00



MITE & SQUIRT clinics to follow August 4 – 6. Mites 6:00 – 7:00 and Squirts 7:15 – 8:15

Players Name: _____ Player's Date of Birth: ____/____/____

2015/2016 Level of Play (**circle one**): Pee wee | Bantam | High School Position (**circle one**): Forward | Defense | Goalie

Address: _____

City: _____ State: _____ ZIP: _____

Parent(s) Name: _____

Phone Numbers: Home/mobile (_____) _____ - _____ Work (_____) _____ - _____

E-Mail Address(es): _____

EMERGENCY CONTACTS:

Name: _____

Relationship: _____

Emergency Contact Phone Number(s): (_____) _____ - _____ Work (_____) _____ - _____

Physicians Name: _____ Phone (_____) _____ - _____

Hospital of Choice: _____

Insurance Company: _____ Policy Number: _____

AMATEUR ATHLETIC WAIVER, RELEASE OF LIABILITY AND PARENTAL CONSENT:

In consideration of the acceptance of being allowed to participate in any way in the athletic/sports program, related events and activities, the applicant agrees that Royals STP Instructors and/or staff, coaches, and employees will not be held responsible for any accidents or loss of personal property, however caused, and agree to release the Royals STP Clinics from all claims or damages which may arise as a result of such accidents or loss. It is further agreed that all risks while watching and/or participating in the Royals STP Clinics are assumed by the participants and his or her parents and/or guardian and assumption is knowledge, approved by their signature here to. We have read the above mentioned, and have explained its meaning to our son or daughter, and agree to the terms and conditions as stated in the Release of Liability and Consent agreement.

We, the parents, and/or guardians of the above signed applicant, give our consent to his/her participation in the Royals STP Clinics.

Parent/Guardian Signature: _____ Date ____/____/____

Mail completed registration form and check to: Rogers Royals Face-Off Booster Club (RRFOBC)
4710 58th Ave N #311
Crystal, MN 55429

Please circle your Clinic:	High School	\$475
	Bantam	\$400
	Pee Wee	\$400
	Goalie	\$300

Please **circle** the size practice jersey your athlete would like: S / M / L / XL

Please **circle** the size t-shirt your athlete would like: S / M / L / XL

* 25% off total cost when you register more than one of your children.

* A secure storage area will be provided for athletes to store their gear.

* Any questions please contact Coach Strunk 612-309-5925 / justin.strunk@isd728.org