

STMA KNIGHTS

2019 SUMMER HOCKEY DEVELOPMENT

15th Annual

Welcome to the STMA Knights Summer Hockey Development!

- We again are excited to continue our summer training tradition. This is our 15th year of offering this great program.
- This summer we have added a position specific training day and an additional group to help each player maximize their individual growth.
- **Highlights of STMA Summer Development 2019**
 - Position Specific Training Day
 - 3v3 Tournament in June and July and outside scrimmages
 - Special Vacation Discount and 94's AAA discount
- Players will be placed in appropriate training groups to best help their growth and development. The groups may change from week to week.

The camp will run during the following weeks:

- June 10th, 17th, and 24th and July 8th, 15th, and 22nd
- July 25th will be a scrimmage day at Buffalo
HS II-11:30-12:30 and HS I-12:45-1:45

*****There will be no camp the week of July 1st (4th of July Week).**

<u>Day</u>	<u>Groups</u>	<u>On-Ice</u>	<u>Off-Ice</u>
Monday	High School I and II	8:45-10:15	10:30-11:15
Tuesday	High School I High School II	8:15-9:15 9:30-10:30	9:30-10:15 8:15-9:00
Wednesday	Defense/Goalie Forward/Goalie	8:15-9:00 9:00-9:45	none none
Thursday	High School II High School I	8:15-9:15 9:30-10:30	9:30-10:15 8:15-9:00
Friday:	9:00-10:00 Pond Hockey- June 14 th and 21 st , July 12 th and 19 th		

Staff: STMA Summer Hockey Development continues to provide a tremendous staff with many years of hockey knowledge and experience.

Jerr Johnson- STMA Varsity Head Coach (13 years)

Jason Johnson- STMA Assistant Coach

Kyle Hayden- Goalie Coach. Former Knight and Current Alexandria Blizzard goalie

Current Knights High School Staff and Players

***** All High School are encouraged to register for weight training through Community Education and train at MSW with Blair Kelley *****

High School (9th-12th) 6:30 am at STMA MSW

Community Education: Hockey Strength Training #925

On-Ice Training:

Skills – Individual hockey skills are the most important aspects of becoming a hockey player. Our program strives develop the complete hockey player. Skating will be one of the main skills of emphasis. Other skills such as stick handling, checking, passing, and shooting will also highlighted. All on-ice training will be based upon USA Hockey’s ADM model.

Small Area Games– Small area games will help develop the skills necessary to compete. We will have many different small ice games along with 3v3 and 4v4 games. *The more the players can touch the puck, the better overall player they will be.*

Off-Ice Training: Off-ice training will include a variety of training such as: shooting, stickhandling, kettlebells, yoga, plyo-metric training, speed, agility, quickness, dynamic balance, and core training. The mite and squirt dryland will consist of fitness games and activities. Below is an outline for dryland training.

Mondays-Speed and Agility/Shooting and Stickhandling

Tuesday-Shooting and Stickhandling

Thursday- Speed and Agility

Costs: Includes on-ice & off-ice training, t-shirt, and jersey.

Vacation Rate- pay 5 week rate

Family Discount: \$50 off per additional player (discount does not apply to multiple mite players)

94’s AAA Discount: Pay 5 week rate. If you have a vacation planned, take off one more week.

Group:

High School I and II

6 week rate

\$425.00 (\$275.00 goalie)

5 week rate

\$355

Questions contact Jeremiah Johnson at jeremiahj@stma.k12.mn.us or 763-221-3299

2019 Summer Development

Name _____ Birth Date _____

Parent Names: _____

Address _____

Home _____ Cell _____ Emergency# _____

Email _____

Jersey Size- Please circle one- Adult s m l xl goalie

T-Shirt Size Please circle one- Adult s m l xl

Session: Select the level you will play in 2019-2020- Registration Due – June 4th to guarantee t-shirt and jersey. Registration accepted until camp begins.

**\$100.00 deposit is due upon registration. Remaining balance is due the 1st day of camp. Family discount: Take \$50 off per additional player (discount does not apply to multiple mite players)*

High School \$425 (\$275 goalie) \$355 5 week rate

Waiver:

By signing below I hereby state that I will not hold the *STMA Arena* or the coaching staff of *The STMA KNIGHTS SUMMER HOCKEY DEVELOPMENT* liable for any injuries or illnesses sustained in the *Summer Development Program*. I also realize that the staff of *The STMA KNIGHTS SUMMER HOCKEY DEVELOPMENT* may have to act in a medical emergency concerning my child. I give my permission for them to do so. This is to certify that on this date, I _____, as parent or guardian of _____, give my consent to USA Hockey and its medical representative to obtain medical care from any licensed physician, hospital, or clinic for the above-mentioned athlete, for any injury that could arise from participation in USA Hockey activities. USA Hockey provides excess accident coverage with a \$250 deductible with no other “collectable” insurance and \$100 deductible with other “collectable” insurance. If said athlete is covered by any insurance company, please complete the following:

Name of Carrier _____

Policy Number _____

Relationship to athlete _____

Parent/Guardian signature _____ Date _____

Make checks payable to: *STMA Summer Development* Send to: Jeremiah Johnson
10475 34th St. NE
St. Michael, MN 55376