

Tartan Titans Hockey Summer Development Program Bantams, Pee Wees & Squirts



Program

Dryland Training (DLT) on Tartan High School Campus with Cole Leitch (Tartan High School Boys Head Coach) and Dane Erickson (Elevate High Performance Training)

- Functional Movement
- Speed, Agility, Balance, Quickness, Core Strength and Stability
- Exercises Specific to the On-Ice Demands of a Hockey Player
- Lower and Upper Body Muscular Strength and Endurance
- Improve Power and Quickness – Increase Aerobic and Anaerobic Capacity

Ice Training @ Tartan Arena with Cole Leitch, Dane Erickson, and guests

- Focus on all Hockey Skills
- Skating Quickness, Speed, Power and Agility
- Improve Players' Ability to Play Smart in all Game Situations Gaining Hockey IQ
- Team and Individual Tactical Play Through Competitive Drills

Schedule

- Monday, Tuesday, Wednesday & Thursday
- Start June 14th through July 29th all at Tartan
- NO training the week of July 3rd – 9th Mandatory Black Out week per the MSHSL
- Ice times: June 14th – July 29th
 - Bantams, Pee Wees & Squirts 12:30 – 1:30pm
- Dryland Training (DLT): June 14th – July 29th
 - Bantams, Pee Wees & Squirts 1:45 – 2:45pm

24 On-Ice Training hours
24 DLT hours
48 Total development hours for each player

Cost: \$650 for skaters or \$400 for goalies, two siblings taking part in the program – \$100 off. If payment plans need to be arranged please contact me, information is on the bottom of the next page.



**Minnesota State High School League MANDATORY BLACKOUT
WEEK
July 3rd through July 9th**

**REGISTRATION FORM
DUE DATE is MAY 31ST – SPACE IS LIMITED**

Player Name _____

Players Age & Grade in the Fall _____

Players Jersey Size _____

Parent/Guardian Name _____

Emergency Contact Number (1) _____

Emergency Contact Number (2) _____

Email Contact _____

I hereby grant permission to the staff to act for me, according to their best judgment, in any emergency requiring medical attention. I release the camp staff and Tartan High School from all liability for injuries while participating in the program.

Parent/Guardian signature _____

Date _____

For additional information please contact Head Coach Cole Leitch (H) 651-779-8779 leave a message or email cleitch@isd622.org

Please mail registration form and check payable to:

Cole Leitch – THD (Tartan Hockey Development)
2859 Hydram Ave North
Oakdale, MN 55128-4816