

## STP Directors

### STP Director:

Ritch Menne, CHS Head Coach

### STP Associate Directors:

Gary Tolkinen, CHS Defense Coach

Chris Johnson, CHS Forward Coach

Joe Law, CHS JV Head Coach

Scott Kranz, CHS Assistant JV Coach

### STP Goalie Director:

Justin Grant, CHS Goalie Coach

### STP Strength & Conditioning

Steve Alford, Certified Trainer



## Centennial 2019 High School STP Registration Form

Player's Name \_\_\_\_\_

Address \_\_\_\_\_

Home Phone ( ) \_\_\_\_\_ Cell ( ) \_\_\_\_\_

Birthdate \_\_\_\_\_

Parents' Names \_\_\_\_\_

Email \_\_\_\_\_

2018-19 winter team \_\_\_\_\_

2019 desired level/position \_\_\_\_\_

Centennial Cougar High School  
Summer STP On-Ice \$550

Make payment to Ritch Menne and mail to: Ritch Menne, 7651 Mustang Lane, Lino Lakes, MN 55014, by May 1, 2019.

**Centennial Summer Training Program Waiver**—I, the parent/guardian of \_\_\_\_\_

realize that Ritch Menne and the Centennial Summer Training Program staff may have to act in a medical emergency concerning my child and that they have my permission to do so. I hereby waive and release Ritch Menne and the Centennial Summer Training Program staff from any and all liability for any injuries and illnesses that my child incurs during this hockey clinic.

Parent/Guardian Signature \_\_\_\_\_



## 2019 Centennial Cougars High School Hockey STP

Prepare and train for the 2019–20 hockey season with:

- Summer on-ice training
- Strength and conditioning

*Train with the Centennial High School boys hockey coaching staff, current CHS players, and former CHS players who have gone on to play college and junior hockey. Sessions have a minimum of 20 and maximum of 30 players.*



## High School Summer On-ice Training

Focus on a variety of skills and hockey concepts based on age. Cost: \$550.

June 10, 12, 14, 17, 19, 21, 24, 26, 28;

July 8, 10, 12, 15, 17, 19

Held at Schwan Super Rink #1.

High School I 6–7:30 a.m.

(letter winners and all seniors)

High School II 7:40–9:10 a.m.

(returning JV players, incoming bantams, U16, and Junior Gold)



## Spring and Summer Dryland Training

Speed, strength, power, and core training. Watch for email from CYHA.



**Centennial High School Cougars 2018 Section Champions**



*“Motivation is what gets you started.  
HABIT is what keeps you going.”*



### Contact Information

Call Ritch Menne at 651-280-8600 or email [Mennesota@aol.com](mailto:Mennesota@aol.com) with questions

### Training facility

**Schwan Super Rink**  
1750 105th Ave NE, Blaine, MN