



Raider Boys Hockey STP

NO EXCUSES, GET BETTER!

Staff: Scott Steffen, Head Varsity Coach
Luke Christianson, Assistant Varsity Coach
Professional instructors, coaches and alumni

Location: Roseville Arena
*Players should be in proper work out apparel for dry land and weight training.
Please bring sticks, water bottles, and gloves daily.*

Session 1: High School

Intro Sessions: 3:30pm - 4:45pm

6/1 Player Meeting & Off Ice Testing
6/3 Off Ice Testing & Weight Training Seminar
6/4 Nutrition Seminar / Weight Training

6/8 Weight Training / Dry Land
6/10 Weight Training Dry Land

June 15th - July 30 *(There will be no training July 6th, 8th and 9th for all sessions)*

Mondays & Wednesdays
Ice: 7:45am - 8:45am
Weight Training / Dry Land: 8:55am - 9:55am

Thursdays: Scrimmages TBD
If no scrimmage: Ice: 7:30am - 8:30am
Weight Training / Dry Land: 8:40am - 9:40 am

*Please note additional scrimmages may be added and we will be participating in Tournament / Jamboree.
The team pool party will be held after the completion of the program.
Cost: \$495.00 with a deposit of \$300.00 due by 3/25. Full payment should be received by 5/15.*

Session 2: Bantams

Intro Sessions: 5:00pm - 6:15pm

6/1 Player Meeting & Off Ice Testing
6/3 Off Ice Testing & Weight Training Seminar
6/4 Nutrition Seminar / Weight Training

6/8 Weight Training / Dry Land
6/10 Weight Training Dry Land

June 15th - July 30 *(There will be no training July 6th, 8th and 9th for all sessions)*

Mondays & Wednesdays
Ice: 9:00am - 10:00am
Weight Training / Dry Land: 10: 10am - 11:10am

Thursdays
Ice: 8:45am - 9:45am
Weight Training / Dry Land: 9:55am - 10:55am

Cost: \$450.00 with a deposit of \$300.00 due by 3/25. Full payment should be received by 5/15.

Session 3: Pee-Wees and Squirts

June 15th - July 30 *(There will be no training July 6th, 8th and 9th for all sessions)*

Mondays & Wednesdays
Ice: 10:15am - 11:15am
Dry Land: 11:25am - 12:25pm

Thursdays
Ice: 10:00am - 11:00am
Dry Land: 11:10am - 12:10pm

Cost: \$395.00 with a deposit of \$240.00 due by 3/25. Full payment should be received by 5/15.

LIABILITY DISCLAIMER.

Scott Steffen Training (Raider STP). I understand that coaches and instructors are under no obligation to carry insurance on players. On behalf of myself and my child, I expressly assume all risk of loss/injury and hereby release and agree to save, hold harmless and indemnify coaches, instructors, managers, Scott Steffen Training, arena locations and its employees from liability for injury or other damage I or my child may sustain as a participant. On behalf of myself and my child, I hereby agree not to sue Scott Steffen Training and agree to release Scott Steffen Training from liability for any negligent act arising out of or connected with my participation in with the Steffen Training program.

Parent or guardian signature

Player's name

Insurance company and policy number

Level and session

Phone contact

Email

**Please mail waivers and payments to:
Scott Steffen Training LLC
12945 Leyte Circle NE
Blaine, MN 55449
(651) 707-5895
steffentraining9@gmail.com**



**GET
BETTER
TOGETHER**

