

2019 Aaron Johnson's
**Buffalo Summer
Training Program**

*Fill out attached Registration Form
and mail to:*

*Buffalo Summer Training
Program
10644 106th Ave. N.
Hanover, MN 55341*

*For questions or further information
email Coach Johnson:
amjohnson@bhmschools.org*

*Buffalo STP believes that
the best way to maintain
a top flight **youth and
high school** hockey
program is through
**community based
hockey** and the
development of
individual skills that will
benefit a team game.*

Aaron Johnson's Buffalo STP
The Buffalo Summer Training
Program is available for any
Buffalo hockey player



Aaron Johnson - Head Coach
Bruce Johnson - Assistant Coach
Thomas Johnson - Assistant Coach
Nathan Mueller - Goalie Coach
Nick Mueller - Power Skating
Leighton McAlpin - Off-Ice

**AARON JOHNSON'S
Buffalo HOCKEY
STP**

Individual Skill & Athletic Training



Buffalo STP

Buffalo Hockey STP 2019



The Buffalo Summer Training on-ice skills will include over-speed skating, shooting, and passing set in high tempo drills. Other skills developed include drills to increase on ice vision and hockey sense in small area drills and games including offensive creativity while using puck protection, creating time and space, and 1on1 skills. Defense skills will focus on angling, gap control, odd man rushes and proper checking technique to separate man from puck. Scrimmages with nearby associations will also be scheduled.

STP SCHEDULE

Buffalo STP Summer Schedule
June 10—27 & July 8—25

Mites Groups 3 & 4 Monday 8:00-9:00 AM (No off-ice training)

Squirts/U10/Mites 1&2/U8 Girls:
 Tues & Thurs
 On-Ice: 7:45-9:00 am
 Off-Ice: 9:15-10:15 am

Peewees/U12: Tues, Wed, & Thurs
 On-Ice: 9:15-10:30 am
 Off-Ice: 10:45-11:45 am

Bantam: Tues, Wed, & Thurs
 On-Ice: 12:15-1:30 pm
 Off-Ice: 10:45-11:45 am

HS Boys: Details to follow from Coach Johnson
 HS Girls/U15 Monday 12:15-1:30 pm
 Wed 7:45-9:00 am
 Thurs Scrimmage times TBD

Scrimmage dates with outside associations will be scheduled for each Thursday Times TBD.

Off-ice training will focus on hockey specific lifting, plyometrics, core, and dry-land training. Dry-land training includes shooting, stick-handling, and stride improvement; as well as other athletic activities (soccer, sprinting, football, etc.) for Peewee group.

SIGN-UP FORM

Player Name _____

2018-2019 Team _____

Position _____

2019 STP (please circle one)

Mites 3&4	\$100
Squirt/U10/Mite 1&2	\$250
Peewee/U12	\$350
Bantam	\$350
Boys High School	\$500
Girls High School/U15	\$450
Goalie Fee	\$250

*Checks Payable to Buffalo STP

*Registration Deadline May 15th

*All Prices Include \$100 BYHA credit

*One Goal Rented Gear Returned after STP

*A flat pro-rate may be available ONLY if discussed with Coach Johnson prior to registration.

Home Address

Phone Number _____

Parent email _____

T-shirt & Shorts Size _____

Parent Signature

Please complete and detach this portion of the pamphlet and mail with check.