



Centennial Girls High School 2019 Summer Training Program

"All In"

High School/U15 Sessions, Dates & Locations

6 Week Program (22.5 of ice, 18 hours of dryland)

- Tuesdays and Thursdays, 7:15 am – 8:30 am Ice, Dryland 8:45 am – 9:45 am
(June 11, 13, 18, 20, 25, 27 & July 9, 11, 16, 18, 23, 25, 30)
- Sundays, 5:00 pm – 6:15 pm Ice, Dryland 6:30 pm – 7:30 pm
(June 23 & July 7, 14, 21, 28)
- All ice sessions conducted at Schwan Super Rink 1 or 3
- All dryland sessions held at the Expo Center or at the National Sports Center fields

U10/U12 Sessions, Dates & Locations

- 3 Week Program (9 hours of Ice, 9 hours of Dryland)
- Mondays and Wednesdays, 5:50 pm – 6:50 pm Ice, Dryland 7:05 pm – 8:05 pm
(June 10, 12, 17, 19, 24, 26)
- Tuesdays, 8:40 am – 9:40 am Ice, Dryland 9:55 am – 10:55 am
(June 11, 18)
- All ice sessions conducted at Schwan Super Rink 1, 4 or 5
- All dryland session held at the National Sports Center fields

STP Director:

David Cole, CHS Girls Head & Goalie Coach

STP Associate Directors:

Gary Nelson, CHS Girls Varsity Associate Coach

Nicki Barrett, CHS Girls Varsity Assistant Coach

Josh Carlson, CHS Girls JV Head Coach

Mark Lodge, CHS Girls JV Assistant Coach

Abby O'Reilly, CYHA U15 Head Coach

STP Strength and Conditioning:

Cam Krugerud

Gary Nelson

Abby O'Reilly

Player Registration, Jersey and T-shirt Form

Player Name:

2018-2019 Team:

Session: High School (\$550.00) U10/U12 (\$275.00)

Parent Name:

Phone Number:

Email:

Jersey Size (Circle)

YS YM YL AS AM AL AXL GC

T-Shirt Size (Circle)

YS YM YL AS AM AL AXL

I _____ the parent/guardian of _____ waive and release David Cole and the Centennial High School Hockey Staff of any liability pertaining to any injuries or illnesses my daughter may incur during the hockey clinic.

Parent **Signature** _____

Checks should be made out to "David Cole Hockey LLC" & returned along with the registration, jersey and T-shirt form by May 1, 2019 to:

David Cole Hockey LLC
5117 Xerxes Avenue South
Minneapolis, MN 55410