

# **Farmington Boys' Hockey 2010 Tiger Summer Training Program**

Prepared and conducted by the Farmington High School Boys' Hockey Staff for all incoming and returning Farmington High School and FYHA Bantam players.

The program will consist of on-ice training at Lakeville Ames Arena geared toward player skill development and game concepts along with a dry land athlete performance-enhancing program designed to build strength, improve agility, and increase speed and quickness. The dry land component will be run at FHS and under the direction of Scott Meier, FHS Strength and Conditioning coach

## **14 On ice Training Sessions @ Ames:**

On ice training starts June 16<sup>th</sup> (see schedule)

### **Bantam Camp**

Geared for 09-10 and 10-11 Bantam Players

### **FHS Returners**

Geared for 09-10 FHS JV and Varsity Players

## **28 Dry Land Training Sessions @ FHS:**

Monday through Thursday June 14<sup>th</sup>-August 5<sup>th</sup> (see schedule)

Select one of three Sessions Daily, your selection can vary each day

Session #1 7:30-8:00 J.A.Q.S. and 8:00-9:00 Weight Training

Session #2 9:00-10:00 Weight Training and 10:00-10:30 J.A.Q.S.

Session #3 10:00-10:30 J.A.Q.S. and 10:30-11:30 Weight Training

## **Eagan Tournament**

July 16<sup>th</sup>, 17<sup>th</sup> and 18<sup>th</sup>

Please note that participation in this event is not guaranteed and provided at no additional cost to players. Roster is limited; players participating in the summer camp will be selected to play in Tournament games. Most if not all participants will be selected from the FHS Returner group.

**Any questions regarding this offering should be directed to Farmington  
Boys' Head Coach Keith Revels @ 612-432-1390  
krevels@farmington.k12.mn.us**

While this program will be an opportunity for the staff to become familiar with the players in the program, performance and participation within it will not be a consideration during the tryout process for the 2010-11 season.