

St. Norbert College Hockey School

◆ Northeast Wisconsin's Longest Running Hockey School

Become a more DYNAMIC player
under the instruction of many
current and former
Green Knight coaches and players !!!

**EARLY BIRD
SPECIAL**

Register before
Register before
March 31st for
\$50 OFF!

March 31st for

July 6 – 9 Goalie School*

July 6 and 8 Mini Mites

July 12 - 16 Mites, Squirts, and Pee Wees

All scheduled camps to be held at the Cornerstone Community Center:
1640 Fernando Drive; Ashwaubenon, Wisconsin

*(Qualifying camper may be eligible to attend a week of hockey school at \$75 after completion of goalie school)

For More Information (920) 403-3031

2010 SUMMER HOCKEY PROGRAMS

Sessions include **power skating, puck skills, and game situations** taught for **over 20 years** by the area's most experienced instructors.

Current and Former staff Members include:

Tim Coghlin – St. Norbert Head Coach

AJ Aitken – St. Norbert Associate Head Coach

Mike Szkodzinski – Lawrence University Head Coach

Luke Strand – Sioux City Musketeers - USHL

Current St. Norbert College Players & Staff

Snack and catered lunch will also be provided.

Awards will follow a game during the last ice session.



Tuesday, July 6th through Friday, July 9th

Cost: \$375 includes jersey, snack, and lunch
and

the opportunity to attend one of the week-long schools for \$75
MUST participate in week long school AS A GOAL-TENDER

Goaltenders – All Ages

8:30 A.M. to 2:30 P.M.



Monday, July 12th through Friday, July 16th

Cost: \$375 includes jersey, snack, and lunch
(Goalies \$250 or \$75 *if attending Goalie School and participating as a GOAL-TENDER IN THIS CAMP*)

Group I (Born in 1998 or 1999)

7:30 A.M. to 2:30 P.M.

Group II (Born in 2000 or 2001)

8:30 A.M. to 3:30 P.M.

Group III (Born in 2002 or 2003)

9:30 A.M. to 4:30 P.M.



Tuesday, July 6th AND Thursday, July 8th

Cost: \$75 for Mini Mite 2 day camp

Mini Mite – Ages 4 – 6

12:00 P.M. to 1:30 P.M.

**REGISTER BEFORE MARCH 31ST, 2010 AND RECEIVE
\$50.00 OFF OF FULL WEEK OR GOALIE SCHOOL !!!**

REGISTRATION IS LIMITED SIGN UP EARLY

Office Use Only

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Received Deposit Balance

Last Name	First Name	Age as of 1/1/2010	Sex
Street Address	City	State	ZIP
Home Phone #	Height	Weight	F D G Youth S/M L/XL Adult S M L XL XXL Position (circle) Jersey Size* (circle)

*(jerseys are ordered according to size you indicate, please order accurately. The size you order is the size you will receive)

Goalie School: Tuesday, July 6th through Friday, July 9th

Cost: \$375

_____ (GoalTenders - All Ages)

8:30 A.M. to 2:30 P.M.

Hockey School: Monday, July 12th through Friday, July 16th

Cost: \$375 (Goalies \$250 or \$75 if attending Goalie School & participating as a goal-tender in this camp)

Group I _____ (Born in 1998 or 1999) 7:30 A.M. to 2:30 P.M.

Group II _____ (Born in 2000 or 2001) 8:30 A.M. to 3:30 P.M.

Group III _____ (Born in 2002 or 2003) 9:30 A.M. to 4:30 P.M.

Mini Mite School: Tuesday, July 6th AND Thursday, July 8th

Cost: \$75 for 2 days

_____ (Mini Mites Born in 2003-2004)

12:00 P.M. to 1:30 P.M.

Early Registration received before **March 31st**; \$50 off of full week or \$10 off specialty camps. \$100 NON-REFUNDABLE DEPOSIT is required. AMOUNT ENCLOSED \$_____

Your payment should be made payable to: St. Norbert College

mailed to: St. Norbert College, Hockey School, 100 Grant St., De Pere, WI 54115

I/we, recognize and acknowledge the fact that hockey is a sport in which there are risks of injury to the participant. Desiring that the undersigned participant of any or all programs of St. Norbert College Hockey School as a player, and in consideration of this enrollment, I/we voluntarily recognize, accept, and assume this and release St. Norbert College Hockey School, its affiliates, officials, employees, instructors, and counselors from any and all liability thereof. Also, it is further agreed that any equipment, which St. Norbert College Hockey School may use in conducting the program, is not guaranteed or warranted in any fashion, except by the manufacture.

Parent or Guardian Signature _____ Date _____

I/we, the aforementioned parent/guardian, do hereby authorize the physician in emergency service at any hospital and/or clinic to administer treatment deemed necessary to the well being of the minor in the event that I/we are unable to be contacted for immediate written or telephone authorization.

Parent or Guardian Signature _____ Date _____

Medical Insurance
Company _____

Policy or Group # _____ Policy Holder _____

Emergency daytime Phone #(with name) _____

Medical History (if pertinent: i.e. asthma or allergies) _____

NORTHEAST WISCONSIN'S PREMIERE HOCKEY SCHOOL

St. Norbert College Hockey School Advantages

- **Basic Fundamental and Skill Instruction**
 - Skating, passing, shooting, and team play will be emphasized. We will teach the proper checking techniques to all students and demonstrate the correct methods for receiving and giving stick and body checks.
- **Controlled Scrimmages**
 - All scrimmages will be instructor supervised and offer opportunities for application of learned techniques and team concepts.
- **Game and Awards**
 - There will be a regulation game complete with referees, coaches and timekeepers during the last ice session on Friday. Report cards will be awarded to each participant upon the completion of a successful week.
- **Skills Competition**
 - Competitions throughout the week will include accuracy shooting, fastest skater, and the hardest shot (tested by an actual radar gun). Showdown finals will be during the intermission on game day.
- **Dynamic Video Instruction**
 - There will be specialized power skating training daily. Advanced professional, challenging, and demanding exercises will allow each boy or girl to reach his/her potential in this most important area.
- **Off-Ice Physical Fitness and Conditioning**
 - Planned exercises and workouts are designed to improve strength, endurance, and general fitness. Calisthenics and circuit training, plus agility activities specific to hockey will be featured.
- **Classroom Instruction**
 - Topics such as proper equipment, care and prevention of injuries, nutrition, and off-ice training will be covered in this session. Instructional films as well as individual video breakdown for each participant will also be shown.
- **Goaltending Instruction**
 - A special intensified program for goaltenders will be offered in the morning session of each week and weekend. The goalies will be part of the regular sessions, but will receive individual instruction by St. Norbert goaltending instructors.

Group I Daily Schedule

7:30 On Ice
8:35 Off Ice
9:30 Snack
10:30 On Ice
11:35 Lunch
12:20 Classroom
1:30 On Ice
2:30 Done for the day

Group II Daily Schedule

8:30 On Ice
9:35 Off Ice
10:30 Snack
11:30 On Ice
12:35 Lunch
1:20 Classroom
2:30 On Ice
3:30 Done for the day

Group III Daily Schedule

9:30 On Ice
10:35 Off Ice
11:30 Snack
12:30 On Ice
1:35 Lunch
2:20 Classroom
3:30 On Ice
4:30 Done for the day