

# Improved - OMGHA TRYOUT TRAINING CAMP

**PREPARATION FOR THE UPCOMING HOCKEY SEASON!**  
**FOUR-WEEK PROGRAM, TWO EVENTS PER WEEK!**

Presented by:



**BOYS SESSIONS STAFFED BY BOTH MAPLE GROVE AND OSSEO HIGH SCHOOL STAFF.**  
**GIRLS SESSIONS CONDUCTED BY EUROAMERICAN HOCKEY GOALIE INSTRUCTION BY OMGHA GOALIE COACH**  
**FOCUS ON SKILL DEVELOPMENT**  
**REVIEW AND PRACTICE TRY OUT DRILLS**  
**IMPROVE CONDITIONING WITH OVERSPEED AND FLOW DRILLS**

**From your OMGHA Board:**

Your OMGHA Board continues its pledge to provide additional skill development opportunities at a local facility and at a reasonable cost. All skaters will receive instruction on the try out drills and the proper execution of those drills. Instructors will stress the points that evaluators look for when evaluating players.

# REGISTRATION FORM

Players Name (1) \_\_\_\_\_  
 (2) \_\_\_\_\_  
 (3) \_\_\_\_\_  
 Date of Birth (1) \_\_\_\_\_ Age (1) \_\_\_\_\_  
 (2) \_\_\_\_\_ (2) \_\_\_\_\_  
 (3) \_\_\_\_\_ (3) \_\_\_\_\_  
 Address \_\_\_\_\_  
 City: \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_  
 Parent(s) name(s) \_\_\_\_\_  
 Home Phone \_\_\_\_\_  
 Alternate Phone \_\_\_\_\_  
 E-mail address \_\_\_\_\_

*Applicant agrees that OMGHA will not be held responsible for accidents or loss however caused, and agrees to release OMGHA from all claims or damages which may arise as a result of or by reason of such accidents.*

Signature of parent or guardian \_\_\_\_\_ Date \_\_\_\_\_

## Sign up TODAY!

Child 1  Skater  Goalie  
 Pee wee I  Pee wee II  
 Bantam I  Bantam II  
 Girls U12/14 I  Girls U12/U14 II  
 Child 2  Skater  Goalie  
 Pee wee I  Pee wee II  
 Bantam I  Bantam II  
 Girls U12/U14 I  Girls U12/U14 II  
 Child 3  Skater  Goalie  
 Pee wee I  Pee wee II  
 Bantam I  Bantam II  
 Girls U12/U14 I  Girls U12/U14 II

# of sessions \_\_\_\_\_  
 \$110 per session  \$110  
 Total Cost \$ \_\_\_\_\_

Registration Deadline is August 28, 2010.  
 Make checks payable to OMGHA and send completed registration form and payments to:  
 Boy's camp: \_\_\_\_\_ Girl's camp: \_\_\_\_\_  
 10534 Union Terrace Lane 9752 Troy Lane N  
 Maple Grove, MN 55369 Maple Grove, MN 55311  
 E-mail questions to  
 VPTTravelling1@OMGHA.com

ALL SCHEDULED SESSIONS ARE P.M. TIME SLOTS!

Attendance will be taken at each session.

**CAMP COST \$110**

|                        | PEE WEES                | BANTAMS                 | GIRLS 12U/14U           |
|------------------------|-------------------------|-------------------------|-------------------------|
| <b>SESSION I:</b>      | <b>SESSION I:</b>       | <b>SESSION I:</b>       | <b>SESSION I:</b>       |
| August 30 5:15-6:15    | August 30 7:45-8:45     | August 31 5:15-6:15     | August 31 5:15-6:15     |
| September 2 5:15-6:15  | August 31 7:45-8:45     | September 2 7:45-8:45   | September 2 7:45-8:45   |
| September 8 5:15-6:15  | September 7 7:45-8:45   | September 7 5:15-6:15   | September 7 5:15-6:15   |
| September 9 5:15-6:15  | September 9 7:45-8:45   | September 8 7:45-8:45   | September 8 7:45-8:45   |
| September 13 6:30-7:30 | September 14 9:00-10:00 | September 13 9:00-10:00 | September 13 9:00-10:00 |
| September 14 6:30-7:30 | September 16 9:00-10:00 | September 16 6:30-7:30  | September 16 6:30-7:30  |
| September 20 6:30-7:30 | September 21 9:00-10:00 | September 20 9:00-10:00 | September 20 9:00-10:00 |
| September 23 6:30-7:30 | September 23 9:00-10:00 | September 21 6:30-7:30  | September 21 6:30-7:30  |
| <b>SESSION II:</b>     | <b>SESSION II:</b>      | <b>SESSION II:</b>      | <b>SESSION II:</b>      |
| August 30 6:30-7:30    | August 30 9:00-10:00    | August 31 6:30-7:30     | August 31 6:30-7:30     |
| September 2 6:30-7:30  | August 31 9:00-10:00    | September 2 9:00-10:00  | September 2 9:00-10:00  |
| September 8 6:30-7:30  | September 7 9:00-10:00  | September 7 6:30-7:30   | September 7 6:30-7:30   |
| September 9 6:30-7:30  | September 9 9:00-10:00  | September 8 9:00-10:00  | September 8 9:00-10:00  |
| September 13 5:15-6:15 | September 14 7:45-8:45  | September 13 7:45-8:45  | September 13 7:45-8:45  |
| September 14 5:15-6:15 | September 16 7:45-8:45  | September 16 5:15-6:15  | September 16 5:15-6:15  |
| September 20 5:15-6:15 | September 21 7:45-8:45  | September 20 7:45-8:45  | September 20 7:45-8:45  |
| September 23 5:15-6:15 | September 23 7:45-8:45  | September 21 5:15-6:15  | September 21 5:15-6:15  |

**ALL SESSIONS WILL BE AT MGCC**

