

## WHAT IS SATURDAY SUPPLEMENTAL?

### THE SATURDAY SUPPLEMENTAL

*IS DEVELOPED TO GIVE YOUR HOCKEY PLAYER THE ADDED ATTENTION THAT THEY MAY NEED TOWARDS THE FUNDAMENTALS THAT WILL MAKE THEM A NOTICEABLY STRONGER AND BETTER SKATER, PUCK HANDLER AND OVER ALL HOCKEY PLAYER. WITH ONLY A FEW HOURS OF PRACTICE EACH WEEK, MOST OF THE PRACTICE TIME IS SPENT ON TEAM DEVELOPMENT, PLAYERS MISS OUT ON THE ATTENTION THAT MAY BE NEEDED FOR THEIR OWN IMPROVEMENTS. SUNDAY SUPPLEMENTAL IS DESIGNED TO GIVE THE PLAYERS A WEEKLY PRACTICE DEDICATED TO ALL OVER SKILL IMPROVEMENT.*

**ANY QUESTIONS CONTACT SHANE WAGNER AT:  
EAST HOCKEY  
1675 MARKET DR.  
STILLWATER, MN 55082**

PHONE: 651-430-2601  
[STCROIXRECCENTER.COM](http://STCROIXRECCENTER.COM)  
E-MAIL:

[HOCKEYDIRECTOR@CI.STILLWATER.MN.](mailto:HOCKEYDIRECTOR@CI.STILLWATER.MN.)

**EAST HOCKEY**  
ST. CROIX VALLEY REC. CENTER  
1675 MARKET DR.  
STILLWATER, MN 55082

# EAST HOCKEY

## SATURDAY SUPPLEMENTAL HOCKEY TRAINING

### STARTS FEBRUARY 25TH

### SATURDAY MORNINGS 7 CLASSES

FEBRUARY 25  
MARCH 3\*,10,17,24\*,31  
APRIL 7

\*LILY LAKE DAYS  
COST: \$75 PER SESSION

ST. CROIX VALLEY REC. CENTER  
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FAX: 651-430-2415  
E-MAIL: [HOCKEYDIRECTOR@CI.STILLWATER.MN.US](mailto:HOCKEYDIRECTOR@CI.STILLWATER.MN.US)

# AVAILABLE SESSIONS AND TIMES PER LEVEL

## 7 CLASSES/PER SESSION

COST: \$75 PER SESSION

### SQUIRT/U10 LEVEL:

11:10AM-11:40AM

#### PUCK PROTECTION 1

PLAYERS WILL FOCUS ON PUCK PROTECTION IN CORNERS, DEKE MOVES AND QUICK PUCK MOVEMENTS.

#### QUICK FEET 1:

PLAYERS WILL WORK ON CROSSOVERS, POWER TURNS AND QUICK STARTS.

11:45AM-12:15PM:

#### EXCEED SPEED 1:

PLAYERS WILL WORK ON FORWARD STRIDE SPEED THROUGH EDGE WORK, POWER SKATING DRILLS AND OVER SPEED.

### PEE-WEE/U12 LEVEL:

11:10AM-11:40AM

#### PUCK PROTECTION 2:

PLAYERS WILL WORK ON PUCK PROTECTION IN CORNERS, DEKE MOVES AND QUICK PUCK MOVEMENT.

#### QUICK FEET 2:

PLAYERS WILL WORK ON CROSSOVERS, POWER TURNS AND QUICK STARTS.

11:45AM-12:15PM

#### EXCEED SPEED 2:

PLAYERS WILL WORK ON FORWARD STRIDE SPEED THROUGH EDGE WORK, POWER SKATING DRILLS AND OVER SPEED.

### TOT/MINI MITE LEVEL

10:35AM-11:05AM

HOCKEY TOTS IS FOR PLAYERS THAT HAVE NOT PASSED TOTS AND WOULD LIKE TO START LEARNING HOCKEY SKATING AS WELL AS ADDING IN SOME STICK HANDLING, PASSING AND SHOOTING.

HOCKEY TOTS 1: 4-5 YEARS OLD

HOCKEY TOTS 2: 6-7 YEARS OLD

### MITE/U8 LEVEL:

11:10AM-11:40AM

HOCKEY PUCK-WORK: FOR MITES AGES 7-9 YEARS OLD. PLAYERS WILL FOCUS ON STICK HANDLING, SHOOTING AND PASSING.

11:45AM-12:15PM

MITE SPEED: FOR MITES AGES 7-9 YEARS OLD. PLAYERS WILL WORK ON POWER SKATING, STARTS, CROSSOVER, POWER-TURNS AND BACKWARDS SKATING

**SIGN UP SOON!!!! CLASSES ARE LIMITED TO 8 SKATERS**

CLASSES ARE FILLED ON A FIRST-COME, FIRST-SERVED BASIS. LEVELS MAY BE COMBINED IF CLASS ENROLLMENT IS LOW.

#### **REFUND POLICY:**

REFUND POLICY: FULL REFUNDS AVAILABLE UP TO 2 WEEKS PRIOR TO THE START OF CLASS. AFTER CLASSES START, REFUNDS WILL BE PRO-RATED + A 20% HANDLING FEE.

## SATURDAY SUPPLEMENTAL REGISTRATION FORM

Skaters Name

Parent's names

Address

City

State

Zip

Phone

E-mail

Last Level Played

DOB

Check Desired Session

10:35am-11:05am

Hockey Tots 1

Hockey Tots 2

11:10am-11:40am

Hockey Puck Work

Puck Protection 1  
Quick Feet 1

Puck Protection 2  
Quick Feet 2

11:45am-12:15pm

Exceed Speed 1

Exceed Speed 2

Cost is \$75 per session

Method of payment

Credit Card

Visa

Discover

Master Card

Checks

Payable to:

St. Croix Valley Rec. Center

Credit card number

Exp. Date

In consideration of the acceptance of the applicant, he/she agrees that St. Croix Valley Recreation Center and/or its staff, coaches and employees will not be held responsible for any accidents or loss of personal property, however caused, and agrees to release them from all claims or damages which may arise as a result of such accidents or loss. It is further agreed that all risk while participating in this activity, are assumed by the players that this assumption is acknowledged, approved by their signature hereto. We have read the foregoing and agree to the terms and conditions and give our consent to his/ her participation in this league. All decision made by east hockey and Rec. Center are final.

Signature

Date