

REGISTER FOR CAMPS

Option 1: Register online at www.hockey25.com

Option 2: Fill out and return this form with check/money order payable:

SLPHA/Podein Park Program
4350 Browndale Avenue
St. Louis Park, MN 55424

Player Information

Name _____

Street Address _____

City _____

State _____ Zip Code _____

DOB _____ M/F _____

Weight _____ Height _____

Player Position: Skater Goalie

Player Level: Mite Squirt Peewee Bantam

1st or 2nd year? _____

Prior Team _____ Jersey Size _____

Parent/Guardian Information

Name _____

Contact Number _____

Email Address _____

(Very important: camp updates and changes will be sent to email provided)

Podein Hockey reserves the right to cancel or alter camps, dates and/or location. Limited number of spaces. Deadline for guaranteed admission to camp is 3/1/12

See www.hockey25.com for company cancellation policy.

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4350 Browndale Avenue
St. Louis Park, MN 55424
www.hockey25.com



The 4 Rules in Podein Hockey:

1. Have Fun
2. Work Hard
3. Respect/Listen
4. BE AWESOME

www.hockey25.com
"Find your way today to be awesome!"

PODEIN HOCKEY

Our goal at the Podein Hockey camp is to help your child reach the next level in his/her hockey development.

Our philosophy is simple:

- Make youth sports fun by providing a competitive, challenging and positive atmosphere that is fast paced and engaging.
- Instill a work ethic in each player that results in pride and confidence in ones self and in his/her accomplishments.
- Surround kids with result-oriented head coaches who have professional and competitive experience, passion and love for the game and who want your child to succeed to the best of their own ability – nothing else.

What sets our camps apart from the others:

- A coaching staff with NHL, European and AHL experience including a specialized girls staff run by National Champion Kacy Ambroz.
- Off Ice Training designed by professional trainer Kevin Ziegler.
- Complete player profile of strengths and weaknesses.
- Full summer pass to use the St. Louis Park aquatic facility.
- The best camp on the market today.

"I found in my career when the game was fun and when I outworked the other players my potential was limitless"

- Coach Podein

SUMMER CAMP

6/18 - 8/2

(excluding the week of July 4th)

Our summer camp is a 6 week, twice a week, 5 hour a day camp that consists of on ice, off ice instruction, training, athletic building, competition and multi-sport games.

Typical day of camp: 5 hours each

12:00 - 12:15	Meeting
12:15 - 12:35	Dynamic warm-up
12:35 - 1:00	Get Dressed
1:00 - 2:15	Ice
2:15 - 2:30	Undress
2:30 - 2:45	Snack
2:45 - 3:15	Dry Land
3:15 - 3:45	Competition/Games
3:45 - 4:45	Pool/Activities
4:45 - 5:00	Stretch/End of day meeting

*Mites must have 1 year of skating and 1 hour of ice

*Please check web site for exact times

Group Days:

Monday & Wednesday

Squirt
PW
Bantam

Tuesday & Thursday

Mite/U8
U10/12
U14/HS Girls

Cost: \$299 In the Park/Storm
\$399 Out of Park

Tuesday, Wednesday & Thursday

HS Boys

Cost: \$429 for 3/week

Power Skating* - Intense skating session with focus on overspeed training, edgework, quickness & balance for those who want more.

Week 2-6 of Summer Camp only

Wednesdays (Boys) 12:15 - 12:45
Thursdays (Girls) 12:15 - 12:45

*Available **only** to summer camp participants from the Squirt level up

Please check website for all the following programs that Podein Hockey offers:

Pro Hockey 3 vs 3
1 day Skill Clinics
Small Group Lessons
Team Coaching
3rd party Evaluators
Elite/High Intensity Camps

We have noticed one constant over the last 5 years:

1. Kids who work hard get better
2. When they get better they have more confidence and success.
3. With more confidence and success they have more fun.
4. The more fun they have the more they want to work harder.

... and the cycle continues ...

For more Podein Park Hockey details please email sherry@hockey25.com or call 612-308-3424.



www.hockey25.com

For more info go to www.hockey25.com