



Minnesota Girls Hockey Coaches Association's 2012 DEVELOPMENT CAMP June 17th – 22nd, 2012

Greetings,

The MGHCA cordially invites you to attend our 8th MGHCA Development Camp. This camp is open to anyone who will be eligible to play high school hockey next year who wants to train hard to improve their skills. You were nominated by your high school coach as someone who could handle the level of play and rigor of our camp. There are no tryouts, your coaches nomination assures us you will fit in. If you are getting this information second hand, please contact either your coach or myself before registering. There are 102 spots available (including 12 for goalies) and those **spots will be filled on a first come first serve basis**.

The mere fact that you were nominated speaks well of your abilities. While you may be highly talented, getting to the next level will require you to continue to hone those talents. That is where we would like to help. We have gathered together some great High School & College Coaches from around the state and have put together a curriculum and training program that will help you develop into the best hockey player you can be. We are a non-profit group whose only interest is in helping you improve your play and helping grow the game of girls hockey. We hope you take us up on our invitation to attend. Regardless of how good you are, we can help you get better.

Very Important:

- **This is a first come – first serve opportunity and there has already been a higher than normal interest in this years camp. You need to register as soon as possible, June 1st at the latest.**

Online Registration: Please go to <http://www.mngirlshockeyhub.com/page/show/115690-development-camp> The site is very user friendly and will take you through the registration process step by step. It begins with the standard contact and personal information and is followed by a request for medical information, so you might want to have that handy when you sit down to register. Payment for the camp is also online as well as the ordering and payment for any apparel/clothing you wish to order.

Note: For the insurance purposes, players are required to be members of USA Hockey. As part of the online registration, you will be required to submit your USA Hockey Membership confirmation.

Camp Goals:

The difference between a Division III hockey player and a Division I hockey player is minimal these days. The difference between a third line D-I player, who will see a couple of shifts a game and a fourth line D-I player who may see a couple of shifts over the entire season, is even less. It takes a lot of dedication and hard work to make yourself just a little bit better than the players you are competing against. Spring Leagues and AAA Teams are fun to play on, but developmentally they do little for you. Trading off a little bit of fun today for a lot more fun later on requires that you spend more time concentrating on skill development and training.

What we want to provide players with at our camp are tools that will help them help themselves become better hockey players. We will provide players with information, tools, training programs, ideas etc. that they can take with them and work on, on their own, during the off-season and throughout their regular season.

Our camp will give players a taste of what it is like to train at the high, intense level that they will encounter if they choose to move on to the collegiate level or beyond. It will also give them a taste of what level of training will be required of them to get to that next level.

The camp will be very hockey intensive. This is not intended to be a summer camp. We will not be horseback riding, swimming or making crafts; this is a development camp. Players will be training all day and part of the evening. They will be working on position specific skills as well as team skills. When they are not on the ice, they will be training off-ice on a variety of programs: Skating Treadmill, Slideboards, Plyometrics, Agility, Quickness, Upper, Lower & Core Strength, Shooting & Stickhandling, Video, Nutrition. Goalies get supplemented with their own additional ice time, a dedicated coach and counselor and off-ice goalie specific training. If players are not prepared to skate 3-4 hours a day, train another approximately 4 hours and spend some time in the classroom – this is not the camp for them.

Our goal is not to turn a player into an Olympian over the course of a week. It would be nice if it was that easy or that quick, but it isn't. Positive results don't occur overnight. It takes a long time and a lot of hard work to improve a little. No matter what your ultimate goals are, the one thing everyone needs to do is get better. Our short term goal at camp is to help you get a little bit better each day. Our long term goal is to get you started on an extended training program that will allow you to get a little better every time you train so that over time you can take yourself to the level of play that you desire. We will show you the exercises, off-ice drills etc., it will be up to you to do the work. You will only get out of this camp what you put into it, and you will only get to the next level of hockey by what you put into training and development over an extended period of time.

Information you need to know:

- **Camp Dates:** Sunday night June 17th thru Friday afternoon June 22nd.
- **Location:** Breezy Point – Point Ice Arena (7370 County Road 11)
- **Registration:** Sunday June 17th 6:00pm (*Eat before you get there, no meal* will be served on Sunday)

We will check players in at the dorm on the east side of the arena parking lot. (We can accommodate you if you need to arrive later, just let us know in advance.)

- **Meeting:** Sunday June 17th 7:00pm (Parents are welcome to attend, we will be giving a brief overview of what will take place over the course of the week)
- **Cost:** **\$595.00** per Player. Pay in full online, or put down a \$200 deposit with the remainder due by June 1st. (Please contact me at tmaeckelbergh@yahoo.com if other arrangements need to be made.)
- **Refunds:** If after sending in your check and paperwork you are unable to participate in the Camp, refunds minus a \$25 Service fee will be granted up to June 1st, 2011.
- **USA Hockey:** All players must be members of USA Hockey and must be registered as a player, Referee cards do not count.
 - If you are a registered member for 2010-11, please e-mail me a copy of your registration confirmation. You can download a copy at https://www.usahockeyregistration.com/receipt_request.jsp
 - If you are not already a member, please register through USA Hockey's online registration process at <http://www.usahockeyregistration.com/> select Ice Players & Coaches and register for the 2010-2011 Season. Once you have completed the registration, print the Confirmation Page and send me (or e-mail me) a copy of it.
- **Staff:** Each team is coached by 2 current or former High School and/or College Coaches. In addition, they are assisted by the camp counselors all of whom are current Division I or III college hockey players. There are also a full time Goalies only coach and assistant coach. We have a full time Dorm Administrator and a full time Trainer.
- **Camp Schedule:** Monday thru Thursday, we will train during the day from approximately 7:00am – 4:00pm. A minimum of 2 hours of which are on ice, the remainder is off-ice or classroom. Part of this off-ice training will include a couple of sessions on a skating treadmill. We will scrimmage at night on Monday, Tuesday and Thursday. On Friday, we will do some training in the morning, wrap up the week and then scrimmage in the afternoon. Detailed schedules will be available at registration. Past years sample schedules can be viewed online at the MGHCA website.
- **Fitness:** One problem that some campers have experienced in the past was that they were very sore the first couple of days. Please see the schedule referenced above. It would be in your best interest to come to camp in good shape. We start out pretty hard right away. While stamina will be important, it's your legs that will need attention. We suggest you do some leg exercises (stationary squats, running stairs etc.) before coming to camp.

All players will be required to stay on site at the camp, for the entire time of the camp.

- **Parents/Visitors:** We humbly request that you drop your daughter off Sunday night, leave after the meeting, and then return again Friday afternoon to pick her up and watch her final scrimmage. Please resist stopping by during the week to visit. Your presence will more than likely only be a distraction to both your daughter and the other players who will hopefully be focused on training. Having the kids stay on site during the entire camp also includes meals. Players will not be excused to go out to lunch or dinner with anyone.
- **What to Bring?**

| | |
|--|---|
| Bedding | Running shoes |
| Towels | Swim suits |
| Toiletries | Healthy snacks (parents - please don't send junk food, send healthy snacks) |
| Full hockey gear, including mouth guards | Your favorite PG-13 videos (VHS or DVD) |
| Sticks for on-ice and off-ice use | <i>Money is needed only for personal items</i> |
| Sunglasses | |
| Workout clothes | |
- **Apparel/Clothing:** Included in our online registration is an option to order apparel. Please note: **CLOTHING will NOT be sold up at camp, you MUST pre-order.**
- **Pick-up/Departure:** We will let you know at Registration what time players will be scrimmaging on Friday. Everyone must be picked up and have departed by 5:00pm on Friday June, 22nd.

Here's what you need to do ASAP...

- ✓ **Completed the Online Registration at <http://www.mngirlshockeyhub.com/page/show/115690-development-camp>**
- ✓ **E-mail a Copy of your membership Confirmation Page from online USA Hockey registration to tmaeckelbergh@yahoo.com**
- ✓ **Make full payment by June 1st, 2012**

Online registration is limited to 102 participants, so if the site allows you to register, you have been accepted.

Sincerely,

Tom Maeckelbergh
2012 MGHCA Development Camp Director
E-mail: tmaeckelbergh@yahoo.com
Address: 20195 Connie Dr. Oak Grove MN 55303