



2012 Hockey & Skating Camps



3 on 3 Tournament



Focus Camps



3 on 3 Grand Prize
Winners

Solid Gold Hockey

- “Puck-on-a-Stick” Focus Camps
- 4 on 4 Developmental League
- Girls U12 & High School Prep
- 3 on 3 Tournament Event

K & Pre K Hockey Program

- Intro to Basic Hockey and skating skills

Premium Power Skating

- Separate Power Skating Clinics for ages 6-13

Municipal Athletic Complex
5001 Veterans Drive—St. Cloud, MN 56303
(320) 255-7223
www.stcloudmac.com

*The **SOLID GOLD** summer program is once again proud to have several of the areas premier College and High school coaches instructing and teaching our kids the game of hockey. Learn from professional instructors all the skills, drills and techniques needed to start mastering this great game. We look forward to seeing you at our camps this summer.*

Program Instructors



- Doug Schueller:** Head Coach at St. John’s University
- Jennifer Kranz:** Head Coach at St. Bens
- Neil Andruschak:** Head Coach at Tech High School
- Mark Chamernick:** Head Coach of the Ice Breakers High School girls program
- Eric Johnson:** Head Coach at Cathedral High School
- Pete Matanich:** Head Coach at Apollo High School
- Dianah Klatt:** Professional and Certified Hockey Skating Instructor



Solid Gold Hockey

Focus Camps

As the sport of ice hockey has evolved over the years, so have our “Puck-on-a-Stick” **Hockey Camps**. The days of long lines with end to end skating drills, doing countless repetitions are gone and have been replaced with more productive skill sets and small area games that will create better hockey players. Every session will be filled with drills and skills geared towards challenging each skater and having to use these skills within game type situations. The goals for these camps are to enhance a player’s skating, puck handling, passing and shooting skills all in a fast paced and **FUN** environment.

Maximum of 30 skaters per camp—Skaters Receive one jersey for entire camp

CAMP / COST	AGES	CAMP DATES	TIME
Jr. Mite Camp / \$115 Mite Camp / \$115	(5-6 year olds) (7-8 year olds)	June 11-15 June 11-15	2:45 - 4:00 pm 3:30 - 4:45 pm
Squirt Camp / \$115 Power Skating / \$115	(9 -10 year olds) (11-14 year olds)	June 18-22 June 18-22	2:45 - 4:00 pm 4:15 - 5:30 pm
Pewees / \$115 Bantam/H.S. / \$115	(11-13 year olds) (14-16 year olds)	July 9-13 July 9-13	2:45 - 4:00 pm 4:15 - 5:30 pm
Goalie Camp / \$115 Shooters Camp / \$115	(9-14 year olds) (10-14 year olds)	July 16-20 July 16-20	2:45 - 4:00 pm 4:15 -5:30 pm
Defensive Skills \$115 Contact & Positioning \$115	(11-14 year olds) (11-14 year olds)	5 sessions (June 11, 13, 18, 20 & 25) 5 sessions (July 2, 9, 11, 16, 18)	(Mon. & Wed.) 11:30 - 12:45 pm (Mon. & Wed.) 11:30 - 12:45 pm

Girls U14 Hockey Camp (Group (1) 7-10 & Group (2) 10-13 year olds)

Fridays June 15 - August 3 - Cost is \$150

Group (1) (Novice) 9:00-10:15 am on ice, off ice 10:30-11:00 am (7 sessions)

Group (2) - (Advanced) 9:45-11:00 am on ice, off ice 9:00-9:30 am (7 sessions)

*No dry land or ice time on Friday June 29 & July 6th.

Girls U18 High School Hockey Camp

Tuesdays and Thursdays June 12 - August 9 - Cost is \$275

9:15-9:45 am off ice, on ice 10:00-11:15 am (15 sessions)

*No dry land or ice time on Thursday, June 28 & July 3rd and 5th.

4 on 4 Developmental League

“Solid Gold” 4 on 4 Developmental League will run 5 weeks, June 11-July 20. The league’s purpose is to provide players that have had one year of playing at the Pee wee level to the player eligible for Bantams with a competitive, learning atmosphere which will improve players’ skills and enjoyment of the game. Each session will be an hour and a half in length. The first part of the session will be devoted to development using small area games and other drills that will help improve skaters quickness of feet, hands, and anticipation skills. The remaining portion will be 4 on 4 play, emphasizing fast-paced, free-wheeling and creative team play. The league will be minimal contact with no checking. This will insure continuous flow of play and playmaking. There will be four teams with a maximum of 16 skaters per team.

*Game times: **1:00 - 2:30 pm, Monday-Friday.**

* Teams will play 2 - 3 times per week.

* Each team will skate 12 sessions.

* Cost of the league is **\$180.00**

* On June 25 & 26th and July 2nd & 3rd games also at 2:45-4:15 pm -No Skating on June 27- 29 and July 4-6th

3 on 3 Tournament

“Solid Gold” will wrap up the summer and get everyone’s fall season started with a 3 on 3, three day hockey tournament. This is our second annual Solid Gold 3 on 3 Tournament and we are very excited to offer this event again this year! This promises to be a **FUN**, fast paced, great experience for all its participants. Individual sign ups only! Teams will be different each day.

Cost is \$30 for the three day event

NO JERSEYS PROVIDED—PLEASE BRING A LIGHT & DARK COLORED JERSEY EACH DAY.

14-16 yr. olds 12:00-1:15 pm

11-13 yr. olds 1:30-2:45 pm

9-10 yr. olds 3:00-4:15 pm

7- 8 yr. olds 4:30-5:45 pm

AUGUST 14,15,16

Maximum of 24 Skaters and 4 goalies per age group

Premium Power



The “Premium Power Skating” program is designed to improve skating skills for the serious hockey player. The program will work through specific skill areas: Push and Recovery, Technique, Knee Bend, Weight Shift and Balance. All of this is designed to provide for:

Powerful Acceleration & Explosive Strides

Edge Control & Agility

Forward & Backward Speed

Quick Stops

The “Premium Power” program will follow a process that will start with learning how to perform each skill element correctly. After building a strong foundation, the skaters will strive to add power, quickness and the ability to combine all of these skill elements while using a puck.

The “Premium Power Skating” program will encourage skaters to improve their current skills, build new skills and achieve a higher level of confidence to play the game of ice hockey!

CAMP	AGES	CAMP DATES	TIME
Session 1	(6-8 year olds)	July 30 - August 3, 2012	1:30 - 2:30 pm
Session 2	(9-10 year olds)	July 30 - August 3, 2012	2:45 - 4:00 pm
Session 3	(11-13 year olds)	July 30 - August 3, 2012	4:15 - 5:30 pm

*Maximum of 25 skaters per session. Session 1 \$90.00. Sessions 2 & 3 \$95.00

K & Pre K Hockey Program



EQUIPMENT REQUIRED

- Helmet with full face shield
- Ice skates
- Knee pads
- Elbow pads
- Jersey or sweatshirt (No jersey provided)
- Hockey gloves or mittens
- Breezers or sweatpants
- Hockey stick (preferred)

ABOUT THE PROGRAM

The "K & Pre K" Hockey Program has been developed to introduce youngsters, ages 4 - 6, to the sport of hockey and the skills of skating. It may also serve to augment area Youth Hockey Associations, Jr. Mites and/or Learn to Skate Programs.

In a warm, friendly, yet challenging setting, the program will entertain and focus the attention of every youngster who will quickly begin to acquire the skills required to progress in the sport of hockey.

The MAC is proud to have Professional Skating Instructor Dianah Klatt to lead this year's K & Pre K Hockey Program. Dianah is the Premium Power Skating instructor for the MAC and various clinics. She has also instructed several other camps in the St. Cloud Area and through out Minnesota. Dianah is a certified hockey skating instructor through the Professional Skaters Association.



WHO IS ELIGIBLE

Boys and girls 4 to 6 years of age, that have an interest in skating and the sport of hockey. Skaters are encouraged to remain in the program for as long as possible prior to starting first grade. As each child is unique, only the parent will be able to assess when their child has the independence and physical development to enroll.

SUMMER CAMP

AGES

CAMP DATES (Monday-Friday Only)

TIME

Session 1

(4-6 Beginner)

July 23—Aug. 3, 2012

11:25—12:25 pm

Session 2

(4-6 Advanced)

July 23— Aug. 3, 2012

12:15— 1:15 pm

- *Beginners are kids that have not been through the program before or maybe have had just a session or two.*
- *Advanced Beginners are kids that have been through the program and feel pretty confident on their skates*
- *A ten minute overlap time will allow for FUN time Free play...*

Cost of the Summer Camp program is \$100.00

FALL SESSION

AGES

CAMP DATES (Fridays & Saturdays Only)

TIME

Session I

(4-6 year olds)

Sep. 7—Oct. 26, 2012 (Fri & Sat)

TBD

*A complete listing of dates and times for the Fall Session will be available May 30, 2012

Cost of the Fall Evening Session is \$125.00



2012 Registration Form

NAME: _____ **AGE:** _____ **CARPOOL REQUEST:** _____

PHONE: () _____ **EMERGENCY PHONE:** () _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

EMAIL: _____

JERSEY SIZE (Solid Gold only-circle one): **YOUTH LG** **ADULT S** **ADULT M** **ADULT LG** **ADULT XL**

Solid Gold Hockey (Check all that apply)	Cost	Total
<input type="checkbox"/> Jr. Mite Camp (June 11-15, 2:30-3:45 pm)	\$115.00	
<input type="checkbox"/> Mite Camp (June 11-15, 3:30-4:45 pm)	\$115.00	
<input type="checkbox"/> Squirt Camp (June 18-22, 2:45-4:00 pm)	\$115.00	
<input type="checkbox"/> Power Skating (June 18-22, 4:15-5:30 pm)	\$115.00	
<input type="checkbox"/> Peewee Camp (July 9-13, 2:45-4:00 pm)	\$115.00	
<input type="checkbox"/> Bantam/H.S. (July 9-13, 4:15-5:30 pm)	\$115.00	
<input type="checkbox"/> Goalie Camp (July 16-20, 2:45-4:00 pm)	\$115.00	
<input type="checkbox"/> Shooters Camp (July 16-20, 4:15-5:30 pm)	\$115.00	
<input type="checkbox"/> Defensive Skills (June 11-25, 11:30-12:45pm) M&W	\$115.00	
<input type="checkbox"/> Body Contact (July 2-18, 11:30-12:45pm) M&W	\$115.00	
<input type="checkbox"/> Girls U14 Group 1 (June 15-Augst 3, 9:00-10:15 am)	\$150.00	
<input type="checkbox"/> Girls U14 Group 2 (June 15-Augst 3, 9:45-11:00 am)	\$150.00	
<input type="checkbox"/> Girls U18 (June 12-Augst 9, 10:00-11:15 am)	\$275.00	
<input type="checkbox"/> 4on4 League/ <input type="checkbox"/> 4on4 League Goalie	\$180/\$60	
<input type="checkbox"/> Bantam/ H.S. 3 on 3 Event (12:00-1:15 pm)	\$30.00	
<input type="checkbox"/> Peewee 3 on 3 Event (1:30-2:45 pm)	\$30.00	
<input type="checkbox"/> Squirts 3 on 3 Event (3:00-4:15 pm)	\$30.00	
<input type="checkbox"/> Mites 3 on 3 Event (4:30-5:45 pm)	\$30.00	

By signing this form I hereby release the Municipal Athletic Complex (MAC), all Camp Instructors, the City of St. Cloud from all responsibility of injury, lost or stolen property during all MAC camps and programs.

By signing below I authorize the MAC to charge the amount due to my credit card if using a Visa or MasterCard as my payment method.

Refunds will be permitted until one (1) month prior to the start of each camp. A service charge of \$15.00 will be withheld on all refunds.

Any balances due to the MAC must be paid in full by the skaters first day of camp.

X _____ **Date:** _____

Parent/Guardian Signature

Parent/Guardian Name (please print)

K & Pre K Hockey Programs	Cost	Total
<input type="checkbox"/> Summer 1 (July 23-Augst 3, 11:25-12:25 pm)	\$100.00	
<input type="checkbox"/> Summer 2 (July 23-Augst 3, 12:15-1:15 pm)	\$100.00	
<input type="checkbox"/> Fall Session 1 (September 7—October 26)	\$125.00	

Payment Method

Cash Check (payable to MAC)

Visa MasterCard

Credit Card # _____

Premium Power (Check all that apply)	Cost	Total
<input type="checkbox"/> Session 1: 6-8 year olds	\$90.00	
<input type="checkbox"/> Session 2: 9-10 year olds	\$95.00	
<input type="checkbox"/> Session 3: 11-13 year olds	\$95.00	

Exp. _____ 3-digit # _____

Online registration and payment is also available at www.stcloudmac.com.

Early Bird Discount (before May 1, 2012) apply if you are registering for more than one camp. Subtract \$10.00 / camp, (excludes 3 on 3 Event which is \$5.00). Multi Family Discount applies if you will be registering more than one family member, subtract \$5.00 on each registration form...

SUBTOTAL	
	-
GRAND TOTAL	