

Program Overview

- Nearly 50 hours of on ice training and dryland/classroom training
- Limit 25 Skaters and 3 goaltenders on Training Day sessions
- Off ice training and testing partnership with *Impact Hockey Training*
- On ice speed tests
- Overspeed and underspeed skating
- Creative Scrimmaging (One touch, “3-stride rule”, no check, etc.) and Competitive Small Area Games TWICE a week
- Skating, Classroom, and Dryland Training Sessions in one location (High School II will have some select sessions at Hat Trick Hockey in St. Louis Park)
- Skate and train at the Home of the Red Knights — the SLP Rec Center
- On ice goalie instructor on Tuesdays and Thursdays
- Camp Jersey provided

Please make checks payable to:
BSM Hockey c/o
BSM Athletic Department
2501 Highway 100 South
St. Louis Park, MN 55416

For additional information please contact
head summer instructor Ken Pauly
at kpaul@bsm-online.org or 763-529-9308

Lead Instructors

Ken Pauly

Head Coach, BSM School

- Winningest Coach in BSM Hockey history
- Two Time State Championship Coach
- Section 6AA Coach of the Year 2006
- 27 year high school coaching veteran
- Over 300 career victories and four state tournament appearances
- USA Hockey Certified Instructor

John Russo, Jr.

Assistant Coach, BSM School

- Two-Time Section Assistant Coach of the year
- Former head coach in the Upper Midwest Elite League
- 18 year coaching veteran
- USA Hockey Certified Instructor

Tom Klein

Assistant/Goalie Coach, BSM School

- Coached Six Division I Goaltenders
- Coached Three NHL Goalie Draftpicks
- 33 year coaching veteran
- Professional Power Skating Instructor

Additional Instructors: This year’s summer instructors will include members of BSM’s high school staff, current professional players and Red Knights alums **Troy Riddle** and **Dallas Steward**. Guest instructors will include **Andrew Alberts** (Vancouver Canucks) Former Red Knight and collegiate players will serve as on and off ice assistants.



Red Knight Hockey Summer Training Program 2012



Bantam Group (7th-8th Grade)

June 12-14 (T-Th), June 19-21 (T-Th), June 26-28 (T-Th), July 9-12 (M-Th), July 16-19 (M-Th)

First Three Weeks

Tues	8:30-9:45am	On Ice Skill Training, Concepts, and Small Area Games
	10:00-11:00am	Dryland and Classroom
Wed	8:30-9:30am	Scrimmage Day
Thurs	8:30-9:45am	On Ice Skill Training, Concepts, and Small Area Games
	10:00-11:00am	Dryland and Classroom

Last Two Weeks

Mon & Wed	8:30-9:30am	Scrimmage Day
Tues & Thurs	8:30-9:45am	On Ice Skill Training, Concepts, and Small Area Games
	10:00-11:00am	Dryland and Classroom

All training activity takes place at St. Louis Park Rec Center

Cost: \$525 (10% discount for more than one player per family) Please make checks payable to: BSM Hockey

High School 1 (9th-10th Grade)

June 11-14 (M-Th), June 18-21 (M-Th), June 25-28 (M-Th), July 9-12 (M-Th), July 16-19 (M-Th), July 23-25 (M-W)

Mon & Wed	9:45-11:00am	Scrimmage Day
(Group 1A) Tues & Thurs	10:00-11:00am	On Ice Skill Training, Concepts, and Small Area Games
	11:15-12:15pm	Dryland and Classroom
(Group 1B) Tues & Thurs	11:15-12:15pm	On Ice Skill Training, Concepts, and Small Area Games
	12:30-1:30pm	Dryland and Classroom

All training activity takes place at St. Louis Park Rec Center

Cost: \$595 (10% discount for more than one player per family) Please make checks payable to: BSM Hockey

High School 2 (11th-12th Grade and returning players)

June 11-14 (M-Th), June 18-21 (M-Th), June 25-28 (M-Th), July 9-12 (M-Th), July 16-19 (M-Th), July 23-25 (M-W)

Mon & Wed	11:15-12:30pm	Skill Day and Small Area Games
Tues & Thurs	12:30-1:45pm	Scrimmage Day
	2:00-3:00pm	Dryland and Classroom

Training activity takes place at St. Louis Park Rec Center (select sessions at Hat Trick Hockey in St. Louis Park)

Cost: \$595 (10% discount for more than one player per family) Please make checks payable to: BSM Hockey

Questions? Contact Head Summer Instructor Ken Pauly at kpauly@bsm-online.org or 763-529-9308

Registration Form

Player name: _____

Age: _____ Grade (Fall 2012): _____

Position: _____

Parent/Guardian: _____

Address: _____

City: _____

ZIP: _____

phone: (1) _____

phone: (2) _____

email: _____

Last Year's Team/Level: _____

School (Fall 2012): _____

I hereby grant permission to the staff to act for me, according to their best judgement, in any emergency requiring medical attention. I release the camp staff and Benilde-St. Margaret's School from any and all liability for injuries incurred while at camp.

Parent/Guardian Signature: _____

Date: _____