**Aaron Johnson’s Buffalo STP**

The Buffalo Summer Training Program is available for any Buffalo hockey player who will be a Squirt, Peewee, Bantam, or High School hockey player for the upcoming 2014 - 2015 hockey season.

AARON JOHNSON’S

Buffalo HOCKEY STP

summer training program 2012

Aaron Johnson’s

Buffalo Summer Training Program



*Individual Skill & Athletic Training*



Fill out attached Registration Form and mail to:

Buffalo Summer Training Program
3334 Xylon Ave. N.
New Hope, MN 55427

For questions or further information
email Coach Johnson:
johnson.aaron9@gmail.com

Buffalo STP believes that the best way to maintain a top flight **youth and high school** hockey program is through **community based hockey** and the development of individual skills that will benefit a team game.















Aaron Johnson Head Coach
Rory Dynan Assistant Coach
Thomas Johnson Assistant Coach
Professional Goaltending Instruction will be provided

Buffalo STP



 ***Player Name \_\_\_\_\_\_\_***

 ***2013-2014 Team***

***Position***

***2014 STP (please circle one)
 Squirt $400***

 ***Peewee $510***

 ***Bantam $510***

 ***High School $525***

 ***Goalie Fee $250***

**\*Checks Payable to Buffalo STP**

**\*Registration Deadline May 15th-
\*$10 Late Registration Fee**

**\*A flat pro-rate may be available ONLY if discussed with Coach Johnson prior to registration.**

***Home Address***

 ***\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_***

 ***\_\_\_\_\_\_\_\_\_\_\_\_***

***Phone Number \_\_\_\_\_\_\_\_\_\_\_\_***

***Parent email \_\_\_\_\_\_***

***Player email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

***T-shirt & Shorts Size \_\_\_\_\_\_***

***Parent Signature

\_\_\_\_\_\_\_\_\_\_\_\_\_

Please complete and detach this portion of the
pamphlet and mail with check.***

SIGN-UP FORM

Buffalo STP Summer Schedule

June 10—26 & July 8—31

Squirts: Tuesday & Thursday
 On-Ice: 8:00-9:00 am
 Off-Ice: 9:15-10:15 am

Peewee: Tuesday, Wednesday, &
 Thursday
 On-Ice: 9:15-10:30 am
 Off-Ice: 10:45-11:45 am

High School: Tuesday, Wednesday, &
 Thursday
 On-Ice: 10:45-12:00 pm
 Off-Ice: At the High School

Bantam: Tuesday, Wednesday, &
 Thursday
 On-Ice: 12:15-1:30 pm
 Off-Ice: 10:45-11:45 am

STP SCHEDULE

Scrimmage dates with outside associations may be scheduled on additional days.

Off-Ice training will focus on hockey-specific lifting, plyometrics, core, and dry-land training. The dry-land training will include shooting and stick-handling and will also include other athletic activities (soccer, running, football, etc.) for the PeeWee group.

*Buffalo STP utilizes high-tempo, competitive practices, and skill-specific training*

The Buffalo Summer Training Program consists of on-ice and off-ice training to improve individual skills while implementing team skills that are used by the Buffalo High School Hockey Program. On-ice skills will include over-speed skating, shooting, and passing set in high tempo drills. Other skills developed include drills to increase on ice vision and hockey sense in small area drills and games including offensive creativity while using puck protection, creating time and space, and 1on1 skills. Defense skills will focus on angling, gap control, odd man rushes and proper checking technique to separate man from puck. Scrimmages with nearby associations will also be scheduled.

# Buffalo Hockey STP 2014

Scrimmage dates with outside associations may be scheduled on additional days.

Off-ice training will focus on hockey specific lifting, plyometrics, core, and dry-land training. Dry-land training includes shooting, stick-handling, and stride improvement; as well as other athletic activities (soccer, sprinting, football, etc.) for Peewee group.