

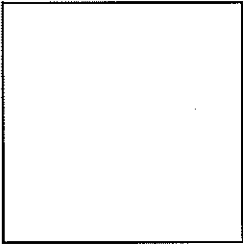
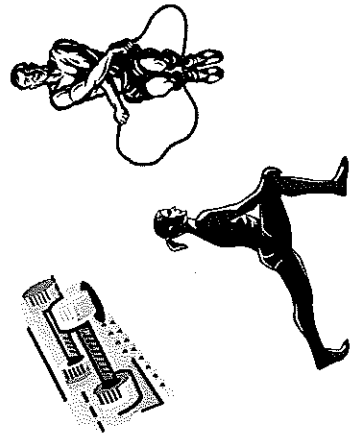
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## PROGRAM HIGHLIGHTS

The Rogers Royals SCP - P Off-Season Hockey Development Program is a localized On- and Off-ice hockey training program for individuals entering the High School Level. The Program is designed to provide a comprehensive, high quality, on-ice and off-ice curriculum and instruction which helps players reach their full potential as hockey players. The Program focuses on Functional and Physical Strength, Speed, Agility and Flexibility.

## PROGRAM STAFF

Tim Marchand  
Chris Lehn  
Kurt Remick  
Al Bistodeau  
Jim Eakman  
Scott Anderson



RYHA  
PO Box 35  
Rogers, MN 55374



**ROGERS ROYALS**

**Strength**

**&**

**Conditioning**

**Program**

**Available**

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**JUNE 15<sup>TH</sup> - SEPTEMBER 18<sup>TH</sup>**  
**AT**

**THE ROGERS ACTIVITY**  
**CENTER**





## SIGN-UP FORM

## SCP-P PROGRAM HIGHLIGHTS

The Rogers Royals Strength & Conditioning Program will be directed by the coaching staff of the Rogers Boys High School Hockey Program. This Program is designed to provide a comprehensive on-ice and off-ice development of technical, physical and mental hockey skills. We will accomplish this by:

- ✓ Providing a high quality curriculum and instruction that includes measuring and /or evaluating the progresses of the individual;
- ✓ Providing a training sequence and phase progression which leads to skills development, enhancement of athletic skill and agility, and; competitive education and training techniques;
- ✓ Providing for a localized off-season training program which enhances the overall quality of Rogers Royals Hockey by providing individuals locally with more development opportunities;
- ✓ Focusing on individual development and readiness/preparedness of the athlete for playing at the High School Level and beyond.

## SCHEDULE

June 15<sup>th</sup> - September 18<sup>th</sup>

- Sign up for:
- Peeewe
  - Bantam
  - High School

Price  
 \$350.00  
 \$450.00  
 \$450.00

Off-Ice  
T, TH

On-Ice  
T, TH

Peeewe 12:15pm-1:30pm 2:00pm-3:00pm  
(through 8/28)

Off-Ice  
M, W

On-Ice  
T, TH

Bantams / High School 7:00pm-8:30pm 3:15pm-5:30pm  
(through 8/28)

F

10:00 - 11:30 am

Name

Age

Address

City, State

Zip

Parents Names

Daytime Phone #:

Emergency Contact:  
Name

Phone #

Special health conditions:

Health Insurance Co.

Policy #

I hereby acknowledge that my child is medically fit to participate in the Summer Strength & Conditioning Program. I authorize the staff to secure any medical treatment deemed necessary and waive and release the Summer Strength & Conditioning Program, all staff members and the Rogers Youth Hockey Association from any and all liabilities associated with my child's participation.

- \*Off-Ice includes Dryland and Weight Training for Bantams/High School
- \*Schedule/Times subject to change
- \*Price is based on Minimum Participation sign-up



For more information contact:

Tim Marchand  
763-428-0150

Make checks payable to RYHA  
Mail registration along with payment to:

Tim Marchand  
21404 Pointe Drive  
Rogers, MN 55374

Enrollment may be limited to the first 30 players at each level