



ROGERS GIRLS HIGH SCHOOL HOCKEY **SUMMER TRAINING PROGRAM (STP)**

The summer training program is designed for **present and future players** at Rogers Senior High School. This Program will give players the opportunity to train during the summer, improving hockey skills and becoming familiar with the Rogers coaching staff / high school program. This is **NOT MANDATORY** for girls who want to tryout for the Rogers Girls High School Hockey Team. It is an opportunity for them to train in the summer with the Rogers Girls High School Hockey Coaching Staff. This is my 13th Summer of running High School and Youth Hockey Schools. (STP)

INFORMATION:

Who can attend:

- All High School Returning Players.
- All players who are thinking about trying out for the Rogers Girls High School Hockey Team for the 2010-2011 Season.
- 12U, 14U, Pee Wee and Bantam Girl Hockey Players.
- Any players who feel they are able to compete at the high school level.

Fee: \$390 per player, 15% family discount for families that register more than one child in either session.

Half payment is required with each registration and is due by April 16th 2010. Final Payment is due on or before June 14th before you will be allowed to take the ice.

Program Includes: Instructional time, Dryland training, Shooting Range, STP practice hockey jersey and scrimmages against other teams or inter-team scrimmages.

Safety: Participants are required to supply all protective equipment recommended by USA Hockey.

The Program consists of: 25+ hours of ice, 15 hours of dryland training. The 25+ hours **Does Not** count the scrimmages. We added 4 + more hours of ice this summer from last year.

Dates:

June 14th Ice: 12:15-1:45 Dryland: 2-3:00	June 16th Ice: 12:15-1:45 Dryland: 2-3:00	June 17th Ice: 12:15-1:45 Dryland: 2-3:00
June 21st Ice: 12:15-1:45 Dryland: 2-3:00	June 23rd Ice: 12:15-1:45 Dryland: 2-3:00	June 24th Ice: 12:15-1:45 Dryland 2-3:00
June 28th Ice: 12:15-1:45 Dryland: 2-3:00	June 30th Ice: 12:15-1:45 Dryland: 2-3:00	
July 12th Ice: 12:15-1:45 Dryland: 2-2:45	July 14th Ice: 12:15-1:45 Dryland: 2-2:45	July 15th Ice: 12:15-1:45 Dryland: 2-2:45
July 19th Ice: 12:15-1:45 Dryland: 2-2:45	July 21st Ice: 12:15-1:45 Dryland: 2-2:45	July 22nd Ice: 12:15-1:45 Dryland: 2-2:45
July 26th Ice: 12:15-1:45 Dryland: 2-2:45	July 28th Ice: 12:15-1:45 Dryland: 2-2:45	July 29th Ice: 12:15-1:45 Dryland: 2-2:45

Scrimmages TBD in June and July. There will be up to 3 scrimmages depending upon availability of other teams to play.

Ice Time and Dryland Training Location:

RAC arena in Rogers and Rogers High School

****Equipment storage space available****

MAIL TO:
Jim Koltes
Rogers Girls Hockey School
9265 Lakeside Trail
Champlin, MN 55316
612.961.3410 (C)
763.323.7236 (H)



ROGERS GIRLS HIGH SCHOOL HOCKEY **SUMMER TRAINING PROGRAM (STP)** **REGISTRATION FORM**

Description of each of the activities:

1. **ON ICE/ICE TIME: @ RAC**
 - Skating techniques, over speed drills and power skating.
 - Shooting, shot selection and power shooting skills.
 - Stick handling and puck control/carrying
 - Passing skills
 - Specific offense and defense drills
 - Learning different hockey strategies and systems
 - Scrimmaging inter-squad/other high school teams
 - Conditioning

2. **DRYLAND TRAINING: @ RAC and Rogers High School**
 - Shooting
 - Plyometrics and Speed Training
 - Stick handling
 - Games & Floor Hockey
 - Passing and Receiving
 - Weight Training (**High School STP Group Only**)

Please Note: Training times will be kept as much as possible to Mondays, Wednesdays and Thursdays. However, scrimmages will be scheduled when time is available. Sorry for any inconvenience, there is just NO way around it. The scrimmages will be announced. The calendar will be posted on the Rogers Girls Hockey Website www.rogersroyalshockey.org or e-mail me at koltesj@district279.org and I will send you a copy

Jim Koltes is the current Head Coach for the Rogers Girls High School Hockey Team

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|---|----------------|
| • Rogers Girls Head Hockey Coach 2008-Current | 2 Years |
| • Maple Grove Girls Head Hockey Coach 1998-2008 | 9 Years |
| • Cooper Girls Head JV/Varsity Assistant Coach 1996-1998 | 2 Years |
| • Current Section 5 A section representative MGHCA former 6AA rep | 7 Years |
| • MSHSL State Tournament Selection Committee | 5 Years |
| • MGHCA Mentorship Committee Co-Chair for Girls Hockey | 2 Years |
| • MGHCA Junior Festival Coach and Senior Classic Coach | Multiple Years |
| • USA Hockey Certified Level 3 | 11 years |
| • Minnesota State Coaching License from SCSU | 15 years |

Other STP Staff: Scott Childers (Asst Coach RHS Girls Hockey), Haley Balcom (JV/Varsity Asst Coach RHS Girls Hockey), Heidi Thorndal (JV/Varsity Asst Coach RHS Girls Hockey), Alumni and former College Players.

PLEASE RETURN WITH PAYMENT

Name _____ Address _____

City/State/Zip _____

Level Played Last Year _____ GRADE for 2010-2011 _____

Position _____ Email Address _____

Emergency phone # and Contact _____

Make Checks Payable to: "STP Hockey" Amount enclosed _____