

# **St. Norbert College Hockey School**

◆ Northeast Wisconsin's Longest Running Hockey School

Become a more DYNAMIC player  
under the instruction of many  
current and former

**EARLY BIRD  
SPECIAL !!  
REGISTER BEFORE  
MARCH 31<sup>ST</sup> FOR  
\$50 OFF!!**

**July 5 – 8 Goalie School\***

**July 5 and 7 Mini Mites**

**July 11 - 15 Mites, Squirts, and Pee Wees**

All scheduled camps to be held at the Cornerstone Community Center:  
1640 Fernando Drive; Ashwaubenon, Wisconsin

\*(Qualifying camper may be eligible to attend a week of hockey school at \$75 after completion of goalie school)

For More Information (920) 403-3031

# 2011 SUMMER HOCKEY PROGRAMS

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Sessions include **power skating, puck skills, and game situations** taught for **over 20 years** by the area's most experienced instructors.

Current and Former staff Members include:

Tim Coghlin – St. Norbert Head Coach

AJ Aitken – St. Norbert Associate Head Coach

Mike Szkodzinski – Lawrence University Head Coach

Luke Strand – Sioux City Musketeers - USHL

Current St. Norbert College Players & Staff

**Snack and catered lunch will also be provided.**

*Awards will follow a game during the last ice session.*

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Tuesday, July 5<sup>th</sup> through Friday, July 8<sup>th</sup>

Cost: \$375 includes jersey, snack, and lunch  
and

the opportunity to attend one of the week-long schools for \$75  
**MUST participate in week long school AS A GOAL-TENDER**

**Goaltenders – All Ages**

**8:30 A.M. to 2:30 P.M.**

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Monday, July 11<sup>th</sup> through Friday, July 15<sup>th</sup>

Cost: \$375 includes jersey, snack, and lunch

(Goalies \$250 or \$75 *if attending Goalie School and participating as a GOAL-TENDER IN THIS CAMP*)

Group I (Born in 1999 or 2000)

7:30 A.M. to 2:30 P.M.

Group II (Born in 2001 or 2002)

8:30 A.M. to 3:30 P.M.

Group III (Born in 2003 or 2004)

9:30 A.M. to 4:30 P.M.

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Tuesday, July 5<sup>th</sup> AND Thursday, July 7<sup>th</sup>

Cost: \$25 for Mini Mite 2 day camp

Mini Mite – Ages 4 – 6

12:00 P.M. to 1:15 P.M.

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**REGISTER BEFORE MARCH 31ST, 2011 AND RECEIVE  
\$50.00 OFF OF FULL WEEK OR GOALIE SCHOOL !!!**

# REGISTRATION IS LIMITED SIGN UP EARLY

Office Use Only

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Received Deposit Balance

Last Name	First Name	Age as of 1/1/2011	Sex
Street Address		City	State ZIP
Home Phone #	Height Weight	F D G Position (circle)	Youth S/M L/XL Adult S M L XL XXL Jersey Size* (circle) <small>*(jerseys are ordered according to size you indicate, please order accurately. The size you order is the size you will receive)</small>

## Goalie School: Tuesday, July 5<sup>th</sup> through Friday, July 8<sup>th</sup>

Cost: \$375

\_\_\_\_\_ (GoalTenders - All Ages)

8:30 A.M. to 2:30 P.M.

## Hockey School: Monday, July 11<sup>th</sup> through Friday, July 15<sup>th</sup>

Cost: \$375 (Goalies \$250 or \$75 if attending Goalie School & participating as a goal-tender in this camp)

Group I \_\_\_\_\_ (Born in 1999 or 2000) 7:30 A.M. to 2:30 P.M.

Group II \_\_\_\_\_ (Born in 2001 or 2002) 8:30 A.M. to 3:30 P.M.

Group III \_\_\_\_\_ (Born in 2003 or 2004) 9:30 A.M. to 4:30 P.M.

## Mini Mite School: Tuesday, July 5<sup>th</sup> AND Thursday, July 7<sup>th</sup>

Cost: \$25 for 2 days

\_\_\_\_\_ (Mini Mites Born in 2004-2006)

12:00 P.M. to 1:15 P.M.

Early Registration received before **March 31<sup>st</sup>**; \$50 off of full week or \$10 off specialty camps. \$100 NON-REFUNDABLE DEPOSIT is required. AMOUNT ENCLOSED \$\_\_\_\_\_

***Your payment should be made payable to: St. Norbert College***

***mailed to: St. Norbert College, Hockey School, 100 Grant St., De Pere, WI 54115***

I/we, recognize and acknowledge the fact that hockey is a sport in which there are risks of injury to the participant. Desiring that the undersigned participant of any or all programs of St. Norbert College Hockey School as a player, and in consideration of this enrollment, I/we voluntarily recognize, accept, and assume this and release St. Norbert College Hockey School, its affiliates, officials, employees, instructors, and counselors from any and all liability thereof. Also, it is further agreed that any equipment, which St. Norbert College Hockey School may use in conducting the program, is not guaranteed or warranted in any fashion, except by the manufacture.

Parent or Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

I/we, the aforementioned parent/guardian, do hereby authorize the physician in emergency service at any hospital and/or clinic to administer treatment deemed necessary to the well being of the minor in the event that I/we are unable to be contacted for immediate written or telephone authorization.

Parent or Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Medical Insurance  
Company \_\_\_\_\_

Policy or Group # \_\_\_\_\_ Policy Holder \_\_\_\_\_

Emergency daytime Phone #(with name) \_\_\_\_\_

Medical History (if pertinent: i.e. asthma or allergies) \_\_\_\_\_

## **NORTHEAST WISCONSIN'S PREMIERE HOCKEY SCHOOL**

## **St. Norbert College Hockey School Advantages**

- **Basic Fundamental and Skill Instruction**
  - Skating, passing, shooting, and team play will be emphasized. We will teach the proper checking techniques to all students and demonstrate the correct methods for receiving and giving stick and body checks.
- **Controlled Scrimmages**
  - All scrimmages will be instructor supervised and offer opportunities for application of learned techniques and team concepts.
- **Game and Awards**
  - There will be a regulation game complete with referees, coaches and timekeepers during the last ice session on Friday. Report cards will be awarded to each participant upon the completion of a successful week.
- **Skills Competition**
  - Competitions throughout the week will include accuracy shooting, fastest skater, and the hardest shot (tested by an actual radar gun). Showdown finals will be during the intermission on game day.
- **Dynamic Video Instruction**
  - There will be specialized power skating training daily. Advanced professional, challenging, and demanding exercises will allow each boy or girl to reach his/her potential in this most important area.
- **Off-Ice Physical Fitness and Conditioning**
  - Planned exercises and workouts are designed to improve strength, endurance, and general fitness. Calisthenics and circuit training, plus agility activities specific to hockey will be featured.
- **Classroom Instruction**
  - Topics such as proper equipment, care and prevention of injuries, nutrition, and off-ice training will be covered in this session. Instructional films as well as individual video breakdown for each participant will also be shown.
- **Goaltending Instruction**
  - A special intensified program for goaltenders will be offered in the morning session of each week and weekend. The goalies will be part of the regular sessions, but will receive individual instruction by St. Norbert goaltending instructors.

### **Group I Daily Schedule**

7:30 On Ice  
8:35 Off Ice  
9:30 Snack  
10:30 On Ice  
11:35 Lunch  
12:20 Classroom  
1:30 On Ice  
2:30 Done for the day

### **Group II Daily Schedule**

8:30 On Ice  
9:35 Off Ice  
10:30 Snack  
11:30 On Ice  
12:35 Lunch  
1:20 Classroom  
2:30 On Ice  
3:30 Done for the day

### **Group III Daily Schedule**

9:30 On Ice  
10:35 Off Ice  
11:30 Snack  
12:30 On Ice  
1:35 Lunch  
2:20 Classroom  
3:30 On Ice  
4:30 Done for the day