



2009 Richfield/Washburn Youth Hockey Camp



Mission Statement:

The Spartan Hockey Camp is designed to increase the hockey skill level of all players. The focus of the summer camp is to improve overall skating ability.

- Skating:** We will focus on Over Speed drills to increase agility and top speed. Coaches will work to improve skating stride through Form Skating.
- Skills:** Players will receive detailed instruction, demonstrations, and opportunities to practice the fundamentals of stick handling, passing, and shooting.
- Sense:** Players will learn to increase on-ice vision, creativity, and hockey awareness by participating in small-sided games.
- Strength:** Players will have an opportunity to improve core strength, stamina, agility, and shooting power and accuracy using RIA's off-ice shooting range.

Coaches:

Richfield Varsity Boys Hockey Coach- *Mike Harris*

Mike is a teacher in Richfield and the Head Boys hockey coach the past four seasons. He has also been the Head boy's soccer coach, and has ten years experience in organizing youth sport camps.

New Praugue Hockey Coach and Washburn Coaching Director- *Chris Lonke*

Chris is a teacher in Minneapolis. He has over 18 years of hockey coaching experience ranging from the youth, high school and collegiate level.

Richfield Bantam A Coach- *Jake McCoy*

Jake is a retired teacher and a long time youth hockey coach. He has coached the Varsity Hockey teams in Richfield and Washburn, and was the Richfield Bantam A coach for twelve years. Jake has been working with the Spartan Summer Hockey school for over 20 years.



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Dates

July 6,7 and 9 Bantam/U14 Ice
 July 13,14 and 15 Pee Wee/U12 Ice
 July 20, 21and 23 Squirt/U10 Ice
 July 27,28 and 30

Times

8:00-9:00am Dryland 9:15-10:15am
 9:15-10:15am Dryland 8:00-9:00am
 12:15-1:15pm Dryland 10:45-11:45am

All Practices at Richfield Ice Arena

Sign up for the camp at the level the player will participate in for 2009-2010 season

Cost \$300 per individual player----Two Player families \$500---Goalies \$150

Payment

Payable to: Mike Harris
 4621 ½ Penkwe Way
 Eagan, MN 55122

Questions

Richfield Washburn
 Mike Harris Chris Lonke
 (651) 994-4859 (612) 859-6852

Cut and Send Registration below with Check

Registration

Player Name _____

2009-2010 Level(circle) **Bantam/U14** **Pee Wee/U12** **Squirts/U10**

Birth Date _____

2008-2009 Team _____

Phone Number (____)_____

Email _____

Medical Insurance Provider _____

Policy Number _____

Emergency Contact Name_____

Emergency Contact Number _____