

WHO:

GIRLS:

High School

U14

U12

U10

Goals:

To accelerate year-round progress in the areas of individual skill development, hockey specific athleticism, team tactical skills, and competitiveness.

To provide the highest quality curriculum and instruction.

To provide on-ice practice, off-ice practice, and challenging competition.

Instructors:

Joel Wesloh, On Ice Instructor and Program Director

- * 16 years of High School Hockey coaching experience
- * Certified USA Hockey Instructor
- * Bachelors Degree in Physical Education and Athletic Coaching

Joe Heasley, On Ice Instructor

- * Current ER Girls High School Head Coach
- * 6 years as a Head High School Hockey coach

Paul Schwab, On Ice Instructor

- * Former Division 1 & USHL Hockey Player
- * Certified USA Hockey Instructor
- * Long-time ER Youth Hockey Coach



Elk River Summer Hockey 2011

Mail application to:
Elk River Summer Hockey
C/O Joel Wesloh
12007—257th Avenue
Zimmerman, MN 55398

**Elk River
Summer
Hockey
2011**

**G i r l s
S u m m e r
D e v e l o p m e n t
P r o g r a m**



A complete off-season training program. Develop technical, tactical, and physical hockey skills.

Program

High School, U14, U12, & U10

*15 practice sessions

*22.5 hours on-ice in-
struction and training

*12 hours off-ice stick-
handling and shooting

*Includes T-shirt for
each participant

Cost: \$250.00/skater
\$150.00/goalie
Limited to 40 Skaters

Session Times

Starting Tuesday, June 14, 2011

Ending Friday, July 29, 2011

**June: Tuesdays and Thursdays
Only**

**July: Tuesdays, Thursdays, and
Fridays**

HS and U14: (Tues/Thurs)

8:30 a.m.—10:00 a.m. = Ice Time

10:15 a.m.—11:15 a.m. = Shooting/Stick-
Handling

HS and U14: (Fridays in July)

8:30am—10am = Small area games &
scrimmages

U12 and U10: (Tues/Thurs)

10:15 a.m.—11:45 a.m. = Ice Time

12:15 p.m.—1:15 p.m. = Shooting/Stick-
Handling

U12 and U10: (Fridays in July)

10:15 a.m.—11:45 a.m. = Small area games
& scrimmages

*****No sessions the week of
July 4 - 8***

REGISTRATION FORM

Summer Program:

- High School/U14 \$250/\$150 Goalie
 U12/U10 \$250/\$150 Goalie

Make Checks Payable to:

Elk River Summer Hockey

Payment is due by May 1, 2011

*\$20.00 Late Fee for payments received after 5/1/11

Participant Name

Address

Participant Birthdate

Parent/Guardian Name

Emergency Contact

Emergency Contact Phone Number/Home Phone Number

Parent Email Address

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Questions?

Call Joel at 612.845.2615