

*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**

- \* 15 years of High School Hockey coaching experience
- \* Certified USA Hockey Instructor
- \* Bachelors Degree in Physical Education and Athletic Coaching

### **Barry Hohlen, On Ice Instructor**

- \* Coach of 2004 ER Girls State Champions
- \* 5 years as a Head High School Hockey coach, 1999—2004

### **Joe Heasley, On Ice Instructor**

- \* Current ER Girls High School Head Coach
- \* 5 years as a Head High School Hockey coach

### **Melissa Sailor, Dryland Instructor**

- \* Current ER Girls U14A Coach
- \* Played college hockey at St. Olaf College



**Elk River Summer Hockey 2010**

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

**Elk River  
Summer  
Hockey  
2010**

**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

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\*14 practice sessions

\*21 hours on-ice instruction  
and training

\*14 hours off-ice stick-  
handling, shooting, and  
plyometrics

\*Includes T-shirt for each  
participant

Cost: \$250.00/skater  
\$150.00/goalie

\*\*Limited to 40 skaters

\*\*\$20 Family Discount for each  
additional skater

## Session Times

# High School & U14

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Starting Tuesday, June 15, 2010

Ending Thursday, July 29, 2010

### Tuesdays and Thursdays

8:30 a.m.—10:00 a.m. = Ice Time

10:15 a.m.—11:15 a.m. = Dryland

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# U12 & U10

Starting Tuesday, June 15, 2010

Ending Thursday, July 29, 2010

### Tuesdays and Thursdays

10:15 a.m.—11:45 a.m. = Ice Time

12:15 p.m.—1:15 p.m. = Dryland

## 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 April 20, 2010

\*\$20.00 Late Fee for payments received after 4/20/10

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**