

DATES: JUNE 13 – JULY 28
NOT MEETING JULY 4TH & 5TH

MITES (NO WEIGHT TRAINING)

Monday & Wednesday

Roller hockey 1:05 - 2:05 PM

Tuesday & Thursday

Ice 12 - 1 pm

SQUIRTS (NO WEIGHT TRAINING)

Monday & Wednesday

Ice 8 – 9 am

Roller hockey 9:15-10:15 am

Dryland 10:30-11:15 am

Tuesday & Thursday

Roller hockey 8 - 9 am

Dryland 9:15-10:15 am

PEEWEEES (NO WEIGHT TRAINING)

Monday & Wednesday

Roller hockey 8-9 am

Ice 9:15 – 10:15 am

Dryland 10:30-11:15 am

Tuesday & Thursday

Roller hockey 9 -10 am

Dryland 10:15 - 11 am

BANTAM

Monday & Wednesday

Ice 10:30 – 11:45 am

Roller hockey 12 -1 pm

Weight training 1:15 - 2:15 pm

Tuesday & Thursday

Roller hockey 11:15a -12:15 pm

Weight training 12:30 – 1:15 pm

Dryland 1:15 – 2:15 pm

HIGH SCHOOL*

Monday & Wednesday

Roller hockey 10:30 – 11:45 am

Ice 12 – 1:15 pm

Weight training 1:30 - 2:30 pm

Tuesday & Thursday

Roller hockey 1:15 - 2:15 pm

Weight training 2:30 – 3:15 pm

Dryland 3:30 - 4 pm

* After July 28th - until tryouts

(High School Only)

- Ice for August
 - Tues & Thurs 12:05-1:20 pm
- Weight/Dryland training for August
 - Mon & Wed 12 – 1 pm
- Pit training to start Oct 3rd - until tryouts
 - Mon & Wed 6:00 pm

***Elk River
Boys Hockey
Summer
Training***

2011



Welcome and thank you for your interest in the summer training Program 2011. This is our 7th year offering this opportunity for our skaters through the Blue Line Club. We are pleased to announce that Coach Tony Sarsland along with Ben Gustafson, his staff & ex-hockey players will be conducting the training to continue the tradition of Elk River hockey.

This will help the boys' that are Mite through High school eligible for the 2011-2012 season to learn the coaching style and the opportunity to get to know the coaching staff. For our returning players this will give them the opportunity to stay in shape, fine tune their skills and to work on areas of concern for them & the coaching staff.

Training will consist of, but not limited to, plyometrics, weight training, on ice training, Power skating, roller hockey and some open hockey. Please see schedule for days & times.

Training cost is \$150 for Mite, \$270 for Squirt - PeeWee, \$280 for Bantam & \$330 High school (due to ice in August). Family discount for multiple skaters; see cost chart. Goalies are discounted. Payment is due in full by May 9th unless prior arrangements have been made with Mike Seibert (763-274-2300).

We will attend 1 tournament (possibly hosting) the last weekend of July & will take 2 teams of between 18-20 skaters (HS & bantam eligible) per team. The tournament fee however **IS NOT INCLUDED** in this registration fee. If your son is asked to skate in the tournament you will be asked to pay a fee to help cover the expenses.

Make check payable to The Blue Line Club

LIMITED TO 40 SKATERS/GROUP

PAYMENT IS DUE IN FULL BY MAY 9TH 2011

Unless prior arrangements have been made with Mike Seibert (763-274-2300).

Please fill out information & mail to:
Terri Katchmark, Blue Line VP
15016-197th Ave NW Elk River 55330

Cost:	Goalies	
Mite	\$ 150	\$75
Squirt/PeeWee	\$ 270	\$135
Bantams	\$ 280	\$140
High School	\$ 330	\$150

Add'l skater/family \$ 150
Add'l Mite skater \$ 135

Bantam & High School cost include workout shorts.

If roller hockey skates have stoppers they need to be white/clear.

Goalies will need steel toed shoes for some portions of the roller hockey.

Guest instructor will be Paul Martin of the Pittsburgh Penguins.

Registration Form – separate form for each skater

Please fill out information & mail to:
Terri Katchmark, Blue Line VP
15016-197th Ave NW Elk River 55330

Name: _____

Address: _____

City & Zip: _____

Home: _____ Cell: _____

Parents name: _____

Email: _____

2011-12 Season: __ Goalie __ Mite
__ Squirt __ PeeWee __ Bantam __ HS

T-Shirt Size: SM: __ M: __ L: __ XL: __

Shorts Size: SM: __ M: __ L: __ XL: __
(Bantams/High School Only)

Emergency Contact: _____

Phone: _____

Insurance Co: _____

Policy #: _____

Payment: check # _____ cash

I hereby acknowledge that my child is medically fit to participate in the summer training program 2011. I authorize the staff to secure any medical treatment deemed necessary and waive Tony Sarsland, Ben Gustafson, his staff & ex-hockey players and the Blue Line Club from any and all liabilities associated with my child's participation.

Parent: _____

Player: _____