

2009 TORNADES STP HOCKEY

In consideration of the acceptance of (name)

as a player in Tornadoes STP Hockey , the applicant agrees that the Tornado STP Hockey and/or their staff, coaches, or employees will not be held responsible for any accidents or loss of personal property, however caused, and agrees to release STP from all claims or damages which may arise as a result of such accidents or loss. It is further agreed that all risks attendant to watching and/or participating in the Tornadoes STP Hockey are assumed by the student and his parents and/or guardians. This assumption is acknowledged, approved by their signature hereto.

We have read the foregoing, and have explained its meaning to our player, and agree to the terms and conditions stated. We, the parents of the above signed applicant, give our consent to his participation in the Tornadoes STP Hockey.

I understand that as a condition of enrollment, I am responsible for providing any medical expense incurred.

Parent Signature: _____

Insurance Company: _____

Policy Number: _____

Special Medical Conditions or Allergies: No: _____

Yes: Explain _____

Tornadoes STP Hockey
586 Oakwood Drive
Anoka, MN 55303

Mail registration and money to:

2009 TORNADES HIGH SCHOOL STP HOCKEY



ANOKA ARENA ANOKA HIGH SCHOOL

JUNE 15 - JULY 31

TORNADOES HIGH SCHOOL STP HOCKEY?

Tornadoes High School STP Hockey is a summer program for current players or those trying out for the Anoka High School Hockey Program next season. During this six week program, players will skate two days a week and will be on the ice for one and a half hours a day. These ice sessions will focus on developing individual skills, overspeed training, offensive and defensive support, team play, as well as having fun. After skating, there will also be a half hour of open shooting in the dryland facility. Also included is an hour and a half strength and conditioning program held at Anoka High School. These sessions will be run by Anoka High School Strength and Conditioning Staff. On alternating Fridays there will be an open hour for Pond Hockey.

Girls' Sessions

Mondays and Wednesdays

GHS-U14 8:00 - 9:30 am

Boys' Sessions

Tuesday and Thursday

BHS 8:00 - 9:30 am

Strength and Conditioning Sessions

Mondays, Wednesdays and Fridays

@ Anoka High School 10:30 - 12:00 noon
for both boys and girls

Goalies' Training Sessions

Mondays and Wednesdays

@ AAIA 12:30 - 1:30 pm

Friday Pond Hockey (STP players) Dates

6/19, 7/10 & 7/24 6/26, 7/17 & 7/31
BHS 8:00-9:00 GHS 8:00-9:00

WHEN:

June 15 - July 31, six week program
No sessions the 4th of July week (June 29 to July 3)!

WHO:

Tornadoes High School STP Hockey is a summer program for current players or those trying out for the Anoka High School Hockey Program next season.

COST:

Skaters: \$450 per skater. This includes 18 hours of on ice instruction, 27 hours of strength and conditioning instruction, plus 3 hours of Pond Hockey.

Goalies: \$450 per skater. This includes 12 hours of professional goalie instruction, in addition to 18 hours of on ice instruction, 27 hours of strength and conditioning instruction, plus 3 hours of Pond Hockey.

Player Recruitment Goal: 25 players per session, capped at 32.

Included in the cost is a Tornadoes STP Hockey jersey, a T-shirt and a picnic on the last day of camp.

STAFF:

On ice coaches: Members of the AHS coaching staffs, AAHA coaches, former AHS players and a professional goalie instructor. Ellie Froiland, Todd Manthey, Brian Mashuga, Tim Manthey (UWSP/Army), Sean Fish (UWSP), Matt Olson (St. Thomas), Tyler Manthey (BSU), Zach Sikich (goalie instructor) and the Anoka High School Strength and Conditioning staff.

If you have any questions, please call Todd Manthey at 763-639-7107.

REGISTRATION:

NAME: _____

ADDRESS: _____

CITY, ZIP: _____

PHONE: _____

LAST YEAR'S TEAM: _____

2009-2010 LEVEL: _____

BIRTH DATE: _____

T-SHIRT SIZE (circle one):

Adult S M L XL XXL

JERSEY SIZE (circle one):

Adult S M L XL XXL

Please make checks payable to Anoka High School Hockey Booster. Mail completed registration and money to:

**Tornadoes STP Hockey
586 Oakwood Drive
Anoka MN 55303**

Registration and a **\$100 non-refundable** deposit are due by the May 1, 2009 deadline. Remaining balance is due by first sessions. If you have any questions, please call Todd Manthey at 763-639-7107.

For staff use only:

Date received: _____

Check #: _____

Balance due: _____

