

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 STP HOCKEY



ANOKA ARENA

JUNE 15 - JULY 31

WHAT IS TORNADES STP HOCKEY?

Tornadoes STP Hockey is a summer program for players playing in the Anoka Area Hockey Association. During this six week program, players will skate two days a week. Players will be on the ice for one and a half hours a day, the Mites & U8 will be an hour a day. These ice sessions will focus on developing individual skills, overspeed training, offensive and defensive support, team play, as well as having fun. On ice sessions will be followed by a forty-five (45) minute dry land session which will focus on shooting, stick handling and plyometrics (no dry land sessions for Mites & U8). On alternating Fridays there will be an open hour for Pond Hockey.

Girls' Sessions

Mondays and Wednesdays

U10-U12 9:40 - 11:10 am

Boys' Sessions

Tuesday and Thursday

Bantams 9:40 - 11:10 am

PeeWees 11:20 - 12:50 pm

Squirts 1:00 - 2:30 pm

Goalies' Sessions

Mondays and Wednesdays

PW, SQ, U10-12 11:20 am - 12:20 pm

HS, BAN 12:30 - 1:30 pm

Mites & U8 Sessions

Mondays and Wednesdays

Group 1 1:40 - 2:40 pm

Group 2 2:50 - 3:50 pm (if needed)

Friday Pond Hockey (STP players) Dates

6/19, 7/10 & 7/24 6/26, 7/17 & 7/31

BAN 9:10-10:10 U10-U12 9:10-10:10

PW 10:20-11:20

SQ 11:30-12:30

WHEN:

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

WHO:

Tornadoes STP Hockey is a summer program for players playing in the Anoka Area Hockey Association. Boys and girls from current A-D mites levels to high school age hockey players.

COST:

Skaters: From Squirts & U10 through High School is \$360.00 per skater. This includes 18 hours of on ice instruction and 9 hours of dry land instruction, plus 3 hours of Pond Hockey .

Goalies: From Squirts & U10 through High School is \$360 per skater. This includes 12 hours of professional goalie instruction. An additional 18 hours of on ice instruction and 9 hours of dry land instruction, plus 3 hours of pond hockey. Goalies are expected to skate with their age appropriate group as well as take advantage of the specific goalie sessions on Tuesday and Thursday.

Mites & U8: The cost for Mites & U8 is \$150.00 per skater. This includes 12 hours of on ice instruction.

Player Recruitment Goal: 25 players per session, capped at 32. Mites at 20 players.

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)
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):

Youth or Adult S M L XL XXL

JERSEY SIZE (circle one):

Youth or 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: _____

