

BILL LECHNER'S
SUMMER BOYS HOCKEY TRAINING – 2022
ON AND OFF ICE
7 WEEKS OF DEDICATED TRAINING
June 6 – July 29

Phase 1: Strength & Size Building (Hill-Murray: Fitness Center & School Facilities)

June 6th – June 30th, Mondays, Tuesdays, Thursdays

Group B: Going into - 8th, 9th and 10th Grades

Dryland & Fitness Center: 10:15am-11:30am.

Group A: Going into - 11th, 12th and previous JV or Varsity returnees

Dryland & Fitness Center: 9:00am-10:15am.

(Please note that some adjustments may be made based on weather & facility.)

In this phase players will be given an individualized, hockey specific resistance training program run by our strength and conditioning trainers. Overseen by our Hill-Murray boys hockey coaching staff. The objective is to gain strength, size and power and disciplines related. We will then transfer our gains to the ice in phase 2.

* Players may skate on their own during this phase.

*There will be no training from July 4th through July 8th (Per MSHSL rules)

Phase 2: Skating & Conditioning (TCO Sports Garden, Rink 2, Haus Rink) & Hill-Murray Fitness Center)

July 11th-July 29th. Monday – Friday

Group B: ON ICE: M, W, F, July 11, 13, 15, 18, 20, 22, 25,27,29. Time: 11:45am-1:00pm.

Weights: 10:15am-11:30am. Tuesdays & Thursdays

Group A: ON ICE: M, W, F, July 11, 13, 15, 18, 20, 22, 25, 27, 29. Time: 10:10-11:25am

Weights: 9:00-10:15am. Tuesdays & Thursdays

In phase 2 players will focus on skating, skills, and hockey specific endurance. Ice will feature designed high-speed drills. Players will handle the puck a great percentage of each ice session. Competitive four on four and five on five scrimmaging will be added to carry skills worked on into game atmosphere within summer program. Dry land will involve plyometrics, sprint intervals, core, legs, etc.

Hill-Murray athletes will have first consideration. Please note that the training sessions will have limited numbers.

COST: \$725.00 PER PLAYER (For ALL on ice and off ice training.)

IN ORDER TO HOLD A SPOT A \$400.00 DEPOSIT IS DUE BY MONDAY May 2nd. WITH THE BALANCE OF \$325.00 DUE FRIDAY, MAY 27. PAYMENT MUST BE RECEIVED BY MAY 27th, OR WE CANNOT HOLD A SPOT. ONCE A COMMITMENT IS MADE TO THE PROGRAM, THERE WILL BE NO REFUNDS. WE BUDGET ON YOUR COMMITMENT AND WANT TO BE FAIR TO ALL. PLEASE HONOR THESE GUIDELINES. WE REALIZE FAMILY COMMITMENTS MAY CAUSE YOU TO MISS A DAY/S. EVEN IF YOU MISS SOME DAYS, WE CANNOT ADJUST FEES AS OUR COSTS ARE FIXED. PLEASE DO NOT ASK TO PICK ONE SESSION VS. ANOTHER. THE SESSIONS WORK TOGETHER AND COMPLETE COMMITMENT WORKS BEST. PLEASE RESPECT THIS. ANY DISCIPLINE OR WORK ETHIC ISSUES WILL NOT BE TOLERATED. YOU WILL BE ASKED TO LEAVE IF AN ISSUE. Questions: Coach Lechner: 651-226-0828

*Registration through Hill-Murray Boys Hockey Camp on HM website. Thank you.

***COMPLETE DISCLAIMER TO BE ATTACHED WITH SIGN UP**

LIABILITY DISCLAIMER

I understand that, Bill Lechner and Pat Schafhauser, or the other on ice instructors or coaches do not carry insurance on players. I expressly assume all risk of loss/injury and hereby release and agree to save, hold harmless and indemnify Bill Lechner, Pat Schafhauser, all other staff involved with summer training, Hill-Murray School, Vadnais Heights Arena and its employees and its lessor for injury, harm or other damage I or my child may sustain while a participant.

Grade Next Year: _____

Enrolled at Hill-Murray: Y or N

Parent Signature

Cell or Home Phone

Player Signature

Insurance Company

Policy #

Please check one:

___ **Group B = Going into 8th, 9th, 10th (not part of JV or Varsity last season.)**

___ **Group A = Going into 11th, 12th (or part of JV or Varsity in the past season.)**

Groups will be adjusted as necessary according to the number of participants.

***Please respect and honor these groups.**

Position _____