



Hill-Murray Girls' Hockey Summer Training Program

All on-ice sessions at TCO Vadnais Heights. Focus will be on skill development and small area games.

There will be two different assigned groups.

June for three weeks: Tuesdays, Wednesdays, and Thursdays starting June 14

Group 1: 10:10-11:10 am

Group 2: 11:25-12:25 am

July for three weeks: Tuesdays and Thursdays starting July 12

Group 1: 10:10-11:10 am

Group 2: 11:25-12:25 am

July for three weeks: Wednesdays starting July 13

1:15-2:45 pm (both groups)

Open to players going into 7-12th grade

\$450

Off ice strength and conditioning sessions at Hill-Murray strongly encouraged following each ice session at 12:00 and 1:00 in June. And then Mondays, Tuesdays, and Thursdays in July at 12:00 and 1:00 for extra fee.