

BILL LECHNER'S
SUMMER BOYS HOCKEY TRAINING – 2023
ON AND OFF ICE
7 WEEKS OF DEDICATED TRAINING
June 5th – July 28th

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

June 5th – June 29th, 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: 8:45am-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 3rd through July 7th (Per MSHSL rules)

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

July 10th-July 28th. Monday – Friday

Group B: ON ICE: M, W, F, July 10, 12, 14, 17, 19, 21, 24, 26, 28. Time: Mon and Wed:11:45am-1:00pm. Fri: 7:30-8:45am

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

Group A: ON ICE: M, W, F, July 10, 12, 14, 17, 19, 21, 24, 26, 28. Time: Mon and Wed:10:10-11:25am. Fri: 9:05-10:20am.

Weights: 8:45-10:15am. 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: \$750.00 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 1st.

WITH THE BALANCE OF \$350.00 DUE FRIDAY, MAY 26th. ONCE A

COMMITMENT IS MADE TO THE PROGRAM, THERE WILL BE NO REFUNDS.

WE BUDGET ON YOUR COMMITMENT 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 HM BOYS HOCKEY CAMP ON HM WEBSITE**