



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 from June 13-29

Group 1: 10:10 a.m.-11:10 a.m.

Group 2: 11:20 a.m.-12:20 p.m.

July for three weeks: Tuesdays and Thursdays from July 11-27

Group 1: 10:10 a.m.-11:10 a.m.

Group 2: 11:20 a.m.-12:20 p.m.

July for three weeks: Wednesdays on July 12, 19, and 26

Group 1: 1:15-2:00

Group 2: 2:00-2:45

Open to players going into 7-12th grade

\$450

Off ice strength and conditioning sessions at Hill-Murray strongly encouraged following each ice session for extra fee.