



# SIBLEY SUMMER TRAINING PROGRAM

**Our goal is to help develop youth hockey players on and off of the ice.**

**WHERE:** Henry Sibley High School  
West. St. Paul Arena

**WHEN:** June 12th - July 27th (Tuesdays, Thursdays, and Fridays) *No camp July 2-6 per MSHSL regulations.*  
7:30 - 11:15 a.m.

**COACHES:** Coaching bios on the back

**COST:** \$450 per player

## HIGHLIGHTS OF THE CAMP

- Strength Training
- Dry-land Training
- Personal Skill Development
- Personal Skill Evaluation
- Power Skating
- Overspeed Training
- Video Analysis
- Yoga
- Flexibility Training

## NEED MORE INFORMATION

**Corey Hessler**

651.343.2091 or corey\_hessler@hotmail.com

**Lucas Trickle**

612.202.7907 or tricklelu@gmail.com

**Brandon Ferraro**

651-263-3799 or brandonferraro@comcast.net

## REGISTRATION

Camp attendees will be placed in the youth or high school group at the discretion of the coaching staff.

PLAYER NAME: \_\_\_\_\_ PARENT/GUARDIAN NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PLAYER PHONE: \_\_\_\_\_ PARENT/GUARDIAN PHONE: \_\_\_\_\_

PLAYER E-MAIL: \_\_\_\_\_ PARENT/GUARDIAN E-MAIL: \_\_\_\_\_

WHICH LEVEL WILL THE PLAY BE PLAYING IN 2018-19?  Peeve  Bantam  High School

SHIRT SIZE?  S  M  L  XL  XXL HIGH SCHOOL?  Henry Sibley  Elsewhere  Undecided

PLAYER SIGNATURE: \_\_\_\_\_ PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_

Mail check and registration to: Corey Hessler, 546 Hiawatha Ave., Mendota Heights, MN 55118

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## COACHING STAFF

**COREY HESSLER** - Coach Hessler is beginning his fifth season as the head coach at Henry Sibley High School where he played high school hockey. After high school, he played for the Twin City Vulcans in the USHL before playing collegiately for four years at the University of Alaska Anchorage. Hessler went on to play eight years professionally in the AHL, ECHL, SPHL, and UHL.

**LUCAS TRICKLE** - Coach Trickle is beginning his fifth season as an assistant coach at Henry Sibley High School. He is a Thief River Falls, MN, native where he played a majority of his youth hockey. He graduated from Baldwin-Woodville High School in WI where he finished his career. He was a two-time captain and a two-time all conference defense-man. Prior to joining the Henry Sibley coaching staff, he coached at Baldwin-Woodville, WI, and Moorhead, MN.

**JASON PLATZ** - Coach Platz is beginning his fourth season as an assistant coach with Henry Sibley High School. He played high school hockey in Stevens Point, WI, where he was two-time all conference and played in three state tournaments. Prior to joining Henry Sibley coaching staff, Platz taught adult hockey in Seattle, WA, and coached in the Sibley youth program.

**TY TOSTRUD** - Coach Tostrud graduated from Henry Sibley in 2015 where he excelled both academically and athletically. During his high school career, he was a captain, Hobey Baker Character award winner, team MVP, and a Metro East All Conference selection. He currently attends St. Olaf College in Northfield, MN, where he is a member of the Oles' men's hockey team.

**BRANDON FERRARO** - Coach Ferraro grew up playing youth hockey for West St Paul, he attended Cretin High School where he was a part of the 88 state tournament team. After high school, he played juniors for the St. Paul Vulcan's and then attended University of Wisconsin River Falls, where they won a national championship in 1994. After graduating from River Falls, he coached hockey at CDH from 1995-99. Ferraro was a driving force in the starting of a new hockey program at Highland Park Senior High where he teaches Physical Education. He currently lives in West St. Paul and has been a proud part of our Sibley youth hockey community.

**CHARLIE HARRITY** - Coach Harrity grew up in the West St. Paul area where he played youth hockey in both the Minneapolis and Sibley Area Youth Hockey Associations. He was a 2017 graduate of Henry Sibley High School and was a three-year starter and letterwinner between the pipes for the Warriors. The coaches in the Metro East Conference recognized Harrity twice by selecting him as a member of the All-Conference time during his career. Charlie worked with the Henry Sibley goalies during the 2017-18 season.

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## 2018 CONSENT AND LIABILITY FORM

PLAYER NAME: \_\_\_\_\_ PARENT/GUARDIAN NAME: \_\_\_\_\_

PLAYER PHONE: \_\_\_\_\_ PARENT/GUARDIAN PHONE: \_\_\_\_\_

### **NO PLAYER MAY PARTICIPATE IN CAMP WITHOUT THIS SIGNED FORM ON FILE INFORMED CONSENT AND LIABILITY**

I recognize that there are certain risks, which are inherent in ice hockey activities. I further recognize that these risks cannot be eliminated regardless of the care taken to avoid injuries. On my own behalf, and on behalf of my child and on behalf of my successors, representatives, family, Heirs, assigns, and estates, I acknowledge and understand that the decision to participate in the camp places the child at risk of serious injury, illness, and liability. I voluntarily accept and assume all risks arising out of my child's participation in the camp's activities, including, but not limited to property damage, personal injury, and death. I request that my child (identified above) be permitted to participate in an activity and agree to the following: In consideration for my child's participation in this activity, on behalf of myself and my child, I waive, release, discharge, indemnify, and hold harmless the Camp, coaches, volunteers, employees and agents from all liability, claims, cost and expenses arising out of these activities which may result in injury or illness to my child.

I further agree that Corey Hessler or any of the coaching staff is authorized to obtain and authorize emergency medical treatment for my child up to and including emergency hospitalization. I agree to be personally responsible for any related medical expense.

I also release camp staff from any claims for the loss of personal property.

PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_