

AC Wings Girls STP 2026

Dates: June 8th—July 31st

Monday/Wednesday/Fridays (No sessions 7/3, 7/6, 7/8, or 7/10)

This program is open for all girls going into 8th grade and above in the Robbinsdale School District.

SCHEDULED EVENT:	Location:	Monday	Tues.	Wednesday	Thurs.	Friday
1. On-Ice	New Hope South	6:30 AM-7:30 AM		6:30 AM-7:30 AM		7:00 AM-8:00 AM
2. Off-Ice	New Hope North-Cage	7:45 AM - 8:30 AM Workout Shannonelise		7:45 AM- 8:30 AM Workout Shannonelise		8:15 AM-9:00 AM Shooting/ Stickhandling

Schedule Details:

- 1. On-ice Practices:** Monday, Wednesday, and Friday mornings. Check times above.
- 2. Strength & Conditioning:** Sessions will follow ice times on Mondays and Wednesdays at the arena from 7:45-8:30 AM, run by Shannonelise Training. Weights will be provided, girls are to bring a yoga mat, and wear workout appropriate clothes and shoes.
- 3. Scrimmages:** We will be playing against 8th-12th graders from Osseo-Park Center (OPC), Minneapolis, and Hopkins-Park this summer. Times and locations will be added to our high school Ical or downloaded from the website. Scrimmages are typically on Thursdays.
- 4. Off-ice shooting/Stickhandling:** 45 minutes of off ice shooting/stickhandling after practices on Fridays.

* **To Register:** Fill out the GoogleForm: <https://forms.gle/U3eHL9zohqKn1qUq8>

* **Payment:** Cost is **\$500 per skater**, (**\$350 for goaltenders**). Please complete the form/waiver above and make payment via Venmo: @acwingsstp or by check via mail to:

AC Wings STP
1815 Spring Valley Circle
Golden Valley, MN 55422

*For more information or questions contact AC Wings Head Coach:

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