

ANDOVER GIRLS YOUTH SUMMER HOCKEY 2021 PROGRAM

The Andover Girls Youth Summer Program will develop the student-athlete through on ice instruction. This program will focus on stick skills, speed, power, and furthering the hockey player's knowledge of the game; in addition to introducing youth players into the core values of the high school program.



Who: U12 players and U10 players entering the 2021-22 season.

Where: Andover Community Center

Time: Tuesdays/Thursdays June 15- August 12*
Ice 915-1015am/Dryland 1025-1115am
*No hockey July 6 and 8

Cost: \$425*

\$200 is required with registration and is due by May 1, 2021. Final Balance is due on or before June 15th before you will be allowed to take the ice.

* Goalies \$200 and must let me know if they will miss sessions.

Sister Discount: \$125 off Total Bill

Lead Instructors

Melissa Volk, Andover Head Coach (2013-current)

- Additional coaching experience: Upper Midwest Elite League, MN High Performance Camps, Os Hockey Training
- CSCS Strength and Conditioning Coach; ACSM Health Fitness Specialist
- St. Olaf College, BA Exercise Science & Management; St. Cloud State Univ., MS Sport Management
- St. Olaf College Hockey (2005-09)

Claire Butorac, Former Husky, Mankato State Mavericks

- Has played 3 seasons for the Mavericks
- 2018 Andover graduate: 2xCaptain, 3 State Tournaments, All State

Kennedy Little, Former Husky, University of Maine Bears

- Has played 1 season for the Bears
- 2020 Andover graduate: Captain of 2020 State Championship team, All-State HM

Jamie Nelson, Former Husky, Mankato State Mavericks

- 2021 WCHA Rookie of the Year
- 2020 Andover graduate: Assistant Captain of 2020 State Championship team, All-State

Current HS Coaching Staff and Players

Current Collegiate Players (Former Huskies)

Let me know any questions you may have. Thank you!

Melissa Volk

612.810.1089

melissasailor3@gmail.com

ANDOVER GIRLS YOUTH SUMMER HOCKEY 2021 REGISTRATION

Please mail entire form and payment to:

Melissa Volk
6211 167th Ave NW
Ramsey, MN 55303



Player Information

Player Name _____ Address _____

City/State/Zip _____

Level Played Last Year _____ Grade for 2021-22 _____

Email Address _____

Emergency Contact and Phone# _____

Make Checks Payable to: "Andover Summer Training (AST)" Amount enclosed _____

Waiver

I acknowledge and fully understand that each participant, attendee is voluntarily engaging in activities that involve risk of injury (even catastrophic injury) which might result not only from their own actions, inactions, or negligence but the actions, inactions or negligence of others, the rules of play, or the conditions of the premises or any of the equipment used, and that further, that there may be a risk not known to the Andover Girls High School Team and Andover Summer Training Coaching Staff or Andover Girls High School Booster Club not reasonably foreseeable at this time. I further assume all the foregoing risks as a condition of participation and accept personal responsibility for the damages following any such injury and acknowledge that it is the participant's responsibility to be properly insured and/or pay all medical costs in the event of an injury and to be knowledgeable of where to contact assistance in the case of an emergency. Intending to be legally bound thereby, I hereby release, waive, unconditionally discharge and consent to not sue Melissa Volk, the Andover Girls High School Summer Training Team and Players, or Andover Girls High School Booster Club organizers, administrators, officers, coaches, and other employees or volunteers of the organization.

The undersigned fully understands and appreciates both the known and potential dangers of utilizing the facilities, services, and programs of AST and acknowledges that use thereof by the undersigned participating, despite reasonable efforts to mitigate such dangers, result in exposure to COVID-19, which could result in quarantine requirements, serious illness, disability, and/or death.

District Waiver: The enrolled participant does for themselves, heirs, executives, and administrators waive and release any and all rights and claims for damages we may have against the Anoka-Hennepin ISD#11, or other district sites for any and all injuries suffered by me or my child while participating on and/or arising from the use of any facilities of the above-mentioned school district. By the signature below, we also recognize the contagious nature of COVID-19 and voluntarily assume any risk to which we may be exposed to from said enrollment.

Parent/Guardian Name _____

Parent/Guardian Signature _____ Date _____