

# STMA KNIGHTS

## 2021 SUMMER HOCKEY DEVELOPMENT

### Welcome to the 17th year of STMA Summer Hockey Development Camp!

- We are excited to continue our summer training tradition that allows our STMA players to train together.
- Highlights of Summer Development Camp
  - Scrimmages with local teams for Squirts-High School
  - 3v3 tourney in June and July
  - Position specific training for PeeWee-High School
  - Goalie coach at each level

### Weeks of June 14th, 21st, 27th and July 12th, 19th, and 26th

\*No camp the week of July 5th

	<u>On-Ice</u>		<u>Dryland</u>	
Bantams	11:30-12:30	M, Tu, and Th	12:45-1:30	M and Tu
Pee Wee	12:45-1:45	M, W, and Th	2:00-2:30	M and W
Squirt	12:45-1:45	Tu and W	2:00-2:30	Tu and W
Mites	*2:00-3:00	M and W	No Dryland	

\*first 15 minutes are free time on-ice

### **Pond Hockey Dates and Times:** Fridays June 18th, 25th, July 16th and 23rd.

Bantams/2nd Year PW	10:15-11:15
1st Year PW/Squirts	11:30-12:30

**On-Ice Training:** Skills – Individual hockey skills are the most important aspects of becoming a hockey player. Our program strives to develop the complete hockey player. Skating will be strongly emphasized. Other skills such as stick handling, checking, passing, and shooting will also be highlighted. All on-ice training will be based upon USA Hockey's ADM model.

**Off-Ice Training:** Off ice training will include a variety of fitness training such as: shooting stations, stickhandling, slide boards, plyo-metric training, speed, agility, quickness training, dynamic balance, core training, rotary power, reaction skills, and anaerobic training.

**Staff:**

**Jerr Johnson-** STMA Varsity Head Coach

**Jason Johnson -** STMA Varsity Assistant Coach

**Kyle Hayden-** Goalie Coach, Former STMA Knight and Current UMary Player

**Garrett Sandberg-** Former STMA Knight and Current Concordia Cobber Player

**Additional coaches will include current STMA High School Staff and Players**

<b>Costs:</b>	<b>Skaters</b>	<b>Goalies</b>
Bantams	\$415	\$215
Pee Wees	\$415	\$215
Squirts	\$315	\$115
Mites	\$210	NA

\*\$50 Sibling Discount for each additional player

\*No Sibling Discount for Mites

Online Registration: [STMA Summer Development Registration](#)

Venmo: [stmadevelopment](#)

\*Please mail checks or cash to: Coach Jerr Johnson  
10475 34th St. NE  
St. Michael, MN 55376  
CHECKS MADE OUT TO: STMA Development