

ANDOVER GIRLS SUMMER HOCKEY 2026 PROGRAM

The Andover Girls Summer Program will develop the student-athlete through on ice instruction and hockey-specific off ice conditioning. This program will focus on stick skills, edgework, compete level, and furthering the hockey player's knowledge of the game. In addition, scrimmages have been scheduled with other HS teams.



AGH Summer Schedule:

Tuesdays: U15 and HS Split into 2 Small Groups/Small Groups with F/D Splits/No Dryland-time to commit to Strength and Speed

Thursdays: Skill Stations With a Theme Each Week/Dryland (Speed, Mobility, Injury Prevention Focus)

Fridays: Edgework and Small Games With Compete and Vision Emphasis or Scrimmage Other HS Teams/Dryland (Conditioning)

Andover HS Strength and Speed:

I highly recommend players signing up for Strength and Speed at the High School. They have different M/W/F or T/H options.

This is a great opportunity for girls to build their strength, speed, agility, and learn proper form and technique for a very affordable cost. In addition to their strength program they have Speed only sessions (X-Speed) as well.

Registration opens May 1 through Andover School Pay. They are sending mailers home with info but I would sign up ASAP!

Who: Current HS and U15 Players (Incoming 8-12 grade) entering the 2026-27 season.

Time: Please see age and times below. Modifications to groups may occur to make the groups equal in size.

Tuesdays/Thursdays/Fridays June 9-July 31*

Tuesdays: June 9, 16, 23, 30 and July 14, 21, 28

8/9th Graders: Ice 650-750am/ 10-12th Graders: Ice 800-900am/No Dryland-Strength at HS!

Thursdays: June 11, 18, 25 and July 16, 23, 30

ALL Ice 800-900am/Dryland 910-1000am

Fridays: June 12, 19 and July 17, 24, 31

ALL Ice 800-900am/Dryland 910-1000am

*No ice July 2, 7, 9, 10 due to scheduling (July 2) and MSHSL rules.

Scrimmages may be scheduled outside the normal summer program hours at no additional fee.

Cost: \$525

\$325 is required with registration and is due by May 18, 2026. Final Balance is due by June 9th.

* Goalies \$400 and must let me know if they will miss sessions. Use Code GOALIE online.

*Sister Discount: \$50 off Total Bill.

Girls Going into 8th Grade: Total Cost \$450. Use Code U15 online. If a scrimmage is scheduled during an ice time depending on numbers it may only be available to 9-12 graders. Will communicate through email!

Lead Instructor

Melissa Volk, Andover Head Coach (2013-current)

Current HS Coaching Staff

Current and former collegiate players

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

Melissa Volk

612.810.1089

melissasailor3@gmail.com

ANDOVER GIRLS SUMMER HOCKEY 2026 REGISTRATION

Online registration at: www.ironhockeytraining.com (small processing fee will occur) or please mail entire form and payment:

Melissa Volk

Contact me at melissasailor3@gmail.com or 612.810.1089 for address



Player Information

Player Name _____ **Address** _____

City/State/Zip _____

Grade for 2026-27 _____ **Position** _____

Email Address _____

Emergency Contact and Phone# _____

Make Checks Payable to: "Iron Hockey Training" _____ **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 Iron Hockey Training, 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.

Parent/Guardian Name _____

Parent/Guardian Signature _____ **Date** _____