



"Our mission is to create a competitive, high energy environment for every player at every level."

July 5th - August 4th

Monday - Thursdays

1-Hour on ice training

&

1-Hour dry-land workout

Boys HS / 9:30a - 11:45a

Girls HS / 9:30a - 11:30a

Bantam / 7:00a - 9:00a

15U/12U / 7:00a - 9:15a

Peewee / 5:30pm - 7:45pm

U10-Squirts / 5:30pm - 7:30pm

**Developed for players, by players!
Meet your instructors:**

Cole Smith

Brainerd HS 2011-2014
MJHL - Steinbach Pistons '14-'16
NCAA - UND 2016-2020 *Captain*
AHL - Chicago Wolves 2021
NHL - Nashville Predators 2021



Mitch McLain

Brainerd HS 2009-2012
BCHL - Langley Rivermen
2012-2014 *Captain*
NCAA - Bowling Green State University
2014-2018 *Captain*
AHL - Iowa Wild 2018-2021
NHL - Preseason MN Wild 2019



Mike Holtan

Bachelors of Exercise Science
MSUM '16
NSCA: Certified Strength & Conditioning Specialist
Takedown Athlete Development
BAHA Dry-land Coordinator
Brainerd HS Speed & Strength Coach

Chris Pohlkamp

Brainerd HS 2010-2014
USHL - Champion - Sioux Falls Stampede 2014-2015
NCAA Bowling Green State University
2015-2019 *Captain*
EIHL - Coventry Blaze 2019-2020



Joey Frazer

Brainerd HS 2005-2008 *Captain, MVP*
WHL - Medicine Hat Tigers 2008-2011
WHL - Medicine Hat Tiger, Associate
Head Coach 2011 - Present

Price: \$450:

Includes 19 hours of on ice work, 19 dry-land sessions, video work & classroom sessions!

Register Online: www.LakesHockeyAcademy.com

