

Tartan Titans Hockey Summer Development Program Grades 12 – 9



Program

Dryland Training (DLT) on Tartan High School Campus with Cole Leitch (Tartan High School Boys Head Coach) and Dane Erickson (Elevate High Performance Training)

- Speed, Agility, Balance, Quickness, Core Strength and Stability
- Exercises Specific to the On-Ice Demands of a Hockey Player
- Lower and Upper Body Muscular Strength and Endurance
- Improve Power and Quickness – Increase Aerobic and Anaerobic Capacity

Ice Training @ Tartan Arena with Cole Leitch, Dane Erickson and guests

- Focus on all Hockey Skills including Individual and Team Tactical Play
- Skating Quickness, Speed, Power and Agility
- Improve Players' Ability to Play Smart in all Game Situation Gaining Hockey IQ
- Team and Individual Tactical Play Through Competitive Drills

Schedule

- Monday, Tuesday, Wednesday & Thursday.
- June 7th – 10th week, 10:00 – 11:15am DLT only, for both groups
- Strength Training (weight room inside Tartan High School) June 14th – July 29th
 - Veterans Varsity & JV 12:30 – 1:30pm
 - Rookies Underclassmen 10:00 – 11:00am
- Dryland Training (DLT): June 14th – July 29th
 - Veterans Varsity & JV 11:15 – 12:15pm
 - Rookies Underclassmen 12:30 – 1:30pm
- Ice times: June 14th – July 29th
 - Veterans Varsity & JV 10:00 – 11:00am
 - Rookies Underclassmen 11:15 – 12:15pm

** There can be exceptions to the Veteran and Rookie groups upon review – independently.

Tournaments are primarily for participants (grades 12-9) or by coach's discretion; scrimmages are for all SDP participants and set up as "Veterans" and "Rookies". **NOT ALL PARTICIPANTS WILL SKATE IN THE TOURNAMENTS**; your acceptance into the SDP is acknowledgment of this.

Our SDP is for all Tartan High School eligible hockey players, as well as Bantam eligible in 2021-22. This is a great opportunity for the coaches to meet and communicate with the players and for the younger players an opportunity to transition into High School hockey.

28 Ice training hours
64 DLT hours and Strength training hours
92 Total development hours for each player

Cost: \$695 for skaters and \$480 for goalies, two siblings taking part in the program – \$100 off. If payment plans need to be arranged please contact me, information is on the bottom of the next page.



**Minnesota State High School League MANDATORY
BLACKOUT WEEK
July 3rd through July 9th**



**REGISTRATION FORM
DUE DATE is MAY 31ST – SPACE IS LIMITED**

Player Name _____

Players Age & Grade in the Fall _____

Players Jersey Size _____

Parent/Guardian Name _____

Emergency Contact Number (1) _____

Emergency Contact Number (2) _____

Email Contact _____

I hereby grant permission to the staff to act for me, according to their best judgment, in any emergency requiring medical attention. I release the camp staff and Tartan High School from all liability for injuries while participating in the program.

Parent/Guardian signature _____

Date _____

For additional information please contact Head Coach Cole Leitch (H) 651-779-8779 leave a message or email cleitch@usps.gov.

Please mail registration form and check payable to:

Cole Leitch – THD (Tartan Hockey Development)
2859 Hydram Ave North
Oakdale, MN 55128-4816