



BLAINE GIRLS HOCKEY SUMMER TRAINING PROGRAM



June 11th - July 31st (4th of July week off)

Please Submit Registration and Payment by June 3rd

High School + 15u

Skater Fee \$600 / Goalie Fee \$300

20 hours of ice time + dryland

Ice Time

Tuesday/Wednesday/Thursday

7:00-8:00 am

Dryland

Tuesday/Wednesday/Thursday

8:10-9:10 am

12u + 10u

Skater Fee \$400 / Goalie Fee \$200

13 hours of ice time + dryland

Ice Time

Tuesday/Thursday 8:10-9:10 am

Dryland

Tuesday/Thursday 9:20-10:20 am

2024 BENGAL STP HOCKEY MISSION

"Provide a high level outlet for 10u, 12u, 15u, and high school players to learn from Blaine High School coaches about the Bengal way of practicing and playing hockey and to help build the quality and character of the Blaine hockey community"

2024 STP FOCUS

* **Daily practice habits/Attention to detail** - Develop elite practice habits and an attention to detail to carry through on your path through youth hockey and into high school

* **Skating** High level training to improve edge control and overall speed and quickness

* **Shooting** Under pressure, shooting quick, shooting with your feet moving and heads up, one timing pucks

* **Hockey IQ** Playing without the puck

* **Goalie Training** High level goalie specific training from Bengal HS goalie coaches

* **Have Fun!** Small area games and battle drills to develop a passion and love for the game and a love to COMPETE

"Everyone has the desire to win, but only champions have the desire to prepare to win"

Any player going to be a 10u or 12u will be in the Youth group.

Any player going to be a 15u or High School in HS group.

Sign-up at: <https://www.blainegirlshockey.com/>