

2017 Hockey & Skating Camps



Solid Gold Hockey

“Puck-on-a-Stick” hockey camps with a Focus on Skill Development and having FUN

Off Ice Training

Off ice stick handling, shooting and training drills, techniques with aerobic training

K & Pre K Hockey Program

Intro to Basic Hockey and skating skills for ages 4-6

Premium Power Skating

Power Skating Clinics for ages 6-15

The 2017 Summer Skating program is back for its 24th year. Over the years it has taken on a few new wrinkles but the emphasis on skill development, kids having FUN while they learn about this great game has always been a constant theme for all the summer camps. For 2017, we are working on emphasizing even more of the skills part of the game and slightly changing up our normal camp offerings in that direction. Like always, we are fortunate to have some of the best High School and College coaches in the area, teaching our summer campers again this year. Learn from professional instructors all the skills, drills and techniques needed to start mastering this great game. We look forward to seeing your skater at our camps this summer.

SUMMER CAMP SCHEDULE

June 12-16 **SOLID GOLD**; Mite Camp, Squirt Camp & Mite/Squirt Shooter's Camp
July 31-August 4 **PREMIUM POWER SKATING**; 6-8yrs, 9-10yrs, 11-12yrs
July 31-August 11 **K & PRE K HOCKEY SKATING**; 4-6yrs
August 7-11 **SOLID GOLD**; Peewee/ Bantam Shooter's Camp, Goalie Camp, Stickhandling Camp, Defensive Skills Camp
August 14-18 **PREMIUM POWER SKATING**; 6-8yrs, 13-15yrs



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SOLID GOLD HOCKEY

Focus Camps

As the sport of ice hockey has evolved over the years, so have our "Puck-on-a-Stick" Hockey Camps. For 2017, we have taken the camps to another level. We have made some adjustments to our camp lineup and offerings to provide for an even better camp experience. All changes are geared toward making better hockey players. The days of long lines with end to end skating drills and doing countless repetitions are gone. Today's hockey is more about productive skill sets and small area games that will create better hockey players. Every session will be filled with drills and skills geared towards challenging each skater and having them use these skills within game type situations. The goals for these camps are to enhance a player's skating, puck handling, passing and shooting skills all in a fast paced and FUN environment.

***Maximum of 30 skaters per session. Each Camp is \$125.00. Off Ice for each Camp is \$40**

CAMP	AGES	CAMP DATES	*OFF ice session	ON ice TIME
Mite Camp	(7-8 year olds)	June 12-16	3:30-4:15 pm	2:00-3:15 pm
Mite/Squirt Shooters Camp	(7-10 year olds)	June 12-16	2:30-3:15 pm	3:30-4:45 pm
Squirt Camp	(9-10 year olds)	June 12-16	4:00-4:45 pm	5:00-6:15 pm
Peewee/Bantam Shooters Camp	(11-14 year olds)	August 7-11	3:00-3:45 pm	1:30-2:45 pm
Goalie Camp	(10-14 year olds)	August 7-11	3:45-4:30 pm	2:15-3:30 pm
Stickhandling Camp	(11-14 year olds)	August 7-11	2:45-3:30 pm	3:45-5:00 pm
Defensive Skills Camp	(11-14 year olds)	August 7-11	4:15-5:00 pm	5:15-6:30 pm

*Off ice sessions are not required, you may purchase any of the camps with or without the additional training sessions .
 *The Shooter's and Goalie Camp overlap to allow for better learning for both groups

*Optional Off ice Training Package Information

The 2017 Solid Gold Hockey Camps and the Premium Power Skating Camps will once again offer off ice training in conjunction to their on ice sessions. We are pleased to announce that **A110 ATHLETICS** will facilitate all these training sessions. None of the Off-Ice Sessions are required and can be purchased in addition to the regular camps. Off ice training includes: warm-up activities, strength building activities, shooting instruction, stick handling & passing drills.

All aspects of each player's game will be examined. The player will have an opportunity to ask questions and work on specific parts of their game that needs THE MOST improvement. Players will then take that knowledge and work on those specific drills at home and during the next hockey season.

We look forward to seeing you this summer!

or register on-line www.steloudmac.com

Premium Power



The "Premium Power Skating" program instructed by Dianah Klatt, is designed to improve skating skills for all hockey players. The program will work through specific skill areas such as; Push and Recovery, Technique, Knee Bend, Weight Shift and Balance. All of these are designed to provide for:

***Powerful Acceleration & Explosive Strides
Edge Control & Agility & Forward & Backward
Speed
Quick Stops***

The "Premium Power Skating" program will follow a process that will start with learning how to perform each skill element correctly. After building a strong foundation, the skaters will strive to add power, quickness and the ability to combine all of these skill elements while using a puck. The "Premium Power Skating" program will encourage skaters to improve their current skills, build new skills and achieve a higher level of confidence to play the game of ice hockey!

CAMP	AGES	2017 CAMP DATES	ON ICE TIME	OFF ICE
Session 1	(6-8 year olds)	July 31-August 4	1:30-2:30 pm	2:45-3:15 pm
Session 2	(9-10 year olds)	July 31-August 4	2:45-4:00 pm	2:00-2:30 pm
Session 3	(11-13 year olds)	July 31-August 4	4:15-5:30 pm	3:30-4:00 pm
Session 4	(6-8 year olds)	August 14-18	12:45-1:45 pm	2:00-2:30 pm
Session 5	(13-15 year olds)	August 14-18	2:00-3:15 pm	1:15-1:45 pm

*Maximum of 30 skaters per session. All Skating Sessions 1 & 4 = \$120.00. Sessions 2, 3 & 5 = \$125.00
*Off ice sessions are optional, additional added cost of \$30 for each Session.



K & Pre K Hockey Program



EQUIPMENT REQUIRED

- Helmet with full face shield
- Ice skates
- Knee pads
- Elbow pads
- Jersey or sweatshirt
(No jersey provided)
- Hockey gloves or mittens
- Breezers or sweatpants
- Hockey stick (preferred)

ABOUT THE PROGRAM

The "K & Pre K" Hockey Program has been developed to introduce youngsters, ages 4 - 6, to the sport of hockey and the skills of skating. It may also serve to augment area Youth Hockey Associations, Jr. Mites and/or Learn to Skate Programs.

In a warm, friendly, yet challenging setting, the program will entertain and focus the attention of every youngster who will quickly begin to acquire the skills required to progress in the sport of hockey.

The MAC is proud to have Professional Skating Instructor Dianah Klatt to lead our K & Pre K Hockey Program. Dianah is also the Premium Power Skating instructor for the MAC and various other skating clinics in Central Minnesota. Dianah is a certified hockey skating instructor through the Professional Skaters Association.



WHO IS ELIGIBLE

Boys and girls, 4 to 6 years of age, that have an interest in skating and the sport of hockey. Skaters are encouraged to remain in the program for as long as possible prior to starting first grade. As each child is unique, only parents will be able to assess when their child has the independence and physical development to enroll.

SUMMER CAMP

AGES

CAMP DATES (Monday-Friday Only)

TIME

Session 1 (4-6 Beginner)

July 31-August 11, 2017

11:30-12:30 pm

Session 2 (4-6 Advanced)

July 31-August 11, 2017

12:15- 1:15 pm

- "Beginners" are kids that have not been through the K & Pre-K program before or may have had one or two sessions.
- "Advanced Beginners" are kids that have been through the K & Pre-K program and feel pretty confident on their skates.
- A 15 minute overlap time will allow for FUN time Free play and specialized instruction... No Off Ice Training offered

Cost for each of these Summer Camp programs is \$120.00

FALL SESSION

AGES

CAMP DATES

TIME

Session 1 (4-6 year olds)

September - October, 2017

TBD

*A complete listing of dates and times for the Fall Session will be available on August 1, 2017

Cost of the Fall Evening Session is \$135.00

2017 Registration Form for: Solid Gold Hockey, K & Pre K, Premium Power Skating

NAME: _____ **AGE:** _____
PHONE: () _____ **EMERGENCY PHONE:** () _____
ADDRESS: _____
CITY: _____ **STATE:** _____ **ZIP:** _____
EMAIL: _____
JERSEY SIZE (SOLID GOLD CAMPS ONLY only-circle one): Youth M - Youth L - Adult S - Adult M - Adult L - Adult XL

<u>Solid Gold Hockey (Focus & Development Camps)</u> (Check all that apply)	<u>Cost</u> <small>With Off Ice Training / No Training</small>	<u>Total</u>
<input type="checkbox"/> Mite Camp (June 12-16, 2:00-3:15 pm)	\$165 / \$125	
<input type="checkbox"/> Mite/Squirt Shooters (June 12-16, 3:30-4:45 pm)	\$165 / \$125	
<input type="checkbox"/> Squirt Camp (June 12-16, 5:00-6:15 pm)	\$165 / \$125	
<input type="checkbox"/> Shooters Camp (Aug. 7-11, 1:30-2:45 pm)	\$165 / \$125	
<input type="checkbox"/> Goalie Camp (Aug. 7-11, 2:15-3:30 pm)	\$165 / \$125	
<input type="checkbox"/> Stickhandling Camp (Aug. 7-11, 3:45-5:00 pm)	\$165 / \$125	
<input type="checkbox"/> Defensive Skills Camp (Aug. 7-11, 5:15-6:30 pm)	\$165 / \$125	

By signing this form I hereby release the Municipal Athletic Complex (MAC), all Camp Instructors, the City of St. Cloud from all responsibility of injury, lost or stolen property during all MAC camps and programs.

By signing below I authorize the MAC to charge the amount due to my credit card if using a Visa or MasterCard as my payment method.

<u>K & Pre K Hockey Programs</u> (Check all that apply) 4-6 year olds - Overlap groups for FUN Time activities	<u>Cost</u>	<u>Total</u>
<input type="checkbox"/> Session 1 (July 31—August 11, 11:30-12:30 pm) (Mon.-Fri.)	\$120	
<input type="checkbox"/> Session 2 (July 31—August 11, 12:15-1:15 pm) (Mon.-Fri.)	\$120	
<input type="checkbox"/> Fall Session Night (September/October Fridays/Saturdays)	\$135	

Any balances due to the MAC must be paid in full by the skaters first day of camp.

<u>Premium Power</u> (July/August) * see dates below	<u>Cost</u> <small>With Off Ice / No Off Ice</small>	<u>Total</u>
<input type="checkbox"/> Session 1: 6-8 yrs. 1:30-2:30 pm; (7/31-8/4)	\$155 / \$120	
<input type="checkbox"/> Session 2: 9-10 yrs. 2:45-4:00 pm; (7/31-8/4)	\$165 / \$125	
<input type="checkbox"/> Session 3: 11-12 yrs. 4:15-5:30 pm; (7/31-8/4)	\$165 / \$125	
<input type="checkbox"/> Session 4: 6-8 yrs. 12:45-1:45 pm; (8/14-8/18)	\$155 / \$120	
<input type="checkbox"/> Session 5: 13-15 yrs. 2:00-3:15 pm; (8/14-8/18)	\$165 / \$125	

X _____ **Date:** _____
Parent/Guardian Signature

Parent/Guardian Name (please print)

Payment Method

- Cash Check (payable to MAC)
 Visa MasterCard or Discover

Credit Card # _____

Exp. _____ 3-digit # _____

Online registration and payment is also available at www.stcloudmac.com.



- "Early Bird" Discount of \$10 will be applied (before May 5, 2017) to camp fees but each skater must register for more than one camp to get the discount
- Refunds will be permitted until one (1) month prior to the start of each camp. A service charge of \$15.00 will be withheld on any refund

SUBTOTAL	
Discount	—
GRAND TOTAL	