

## INDIVIDUAL ATTENTION

There will be a maximum of 24 skaters per group, with a **6-to-1** player-to-instructor ratio.

There will be a maximum of four goalies per group, with a **4-to-1** player-to-instructor ratio.

## ON ICE

Players are separated by ability into small group stations. Each session is broken down into thirds, with a focus on the following core skills:

SKATING	PUCK SKILLS	POND HOCKEY
posture/balance	head up	creativity
full extension	quick hands	competition
full recovery	quick shot	anticipation
turns/transitions	accurate shot	quick transition

## OFF ICE

Players are separated into stations, with a 20 minute focus on each of the following core skills:

SHOOTING	PUCK SKILLS	SPEED/AGILITY
flex/curve lesson	head up	explosion
grip/hand position	quick hands	balance
eyes-up accuracy	puck protect	flexibility
quick release	pass & receive	core strength

## PAGEL ACTIVITY CENTER

All sessions will be held at the PAC, Minnesota's most complete hockey training center.

- NHL 200' x 85' Ice Sheet
- Plastic Hockey-Tile Dryland Surface (6000 sf)
- Stick Handling Circuit (20 stations)
- Obstacles/rebounders for puck skills
- Shooting Zone (16 stations)
- Record Boards for top scores at each level
- Fully Equipped Weight Training Room\*
- Plyometric Tubes/Benches/Boxes
- Russian Boxes (12 stations)
- Stride Boards (12 stations)
- Speed/Agility Ladders

\*Weight Training memberships available

Register online at  
**impacthockeytraining.com**  
 Questions? 952.545.PUCK (7825)

## HEAD INSTRUCTORS

### Eric Johnson

Founder and Lead Instructor for Impact Hockey  
 Minnesota Hockey Advanced Committee Member  
 Minnetonka Girls Varsity Head Coach  
 Former WCHA St. Cloud State Huskies Forward  
 NHL Draft Pick—Vancouver Canucks

### Adam Kragthorpe

Lead Instructor for Impact Hockey  
 CSCS Certified Strength Coach  
 NESTA Certified Speed & Agility Trainer  
 Minnetonka Assistant Girls Varsity Hockey Coach  
 Former River Falls All-American Defenseman

## GOALIE INSTRUCTOR

### Dave Rogalski

Lead Goalie Instructor for Impact Hockey  
 Minnesota Advanced Camps Goalie Evaluator  
 Minnetonka Girls Varsity Goalie Coach 2008-present  
 Minnetonka Boys Varsity Goalie Coach 2005-2007  
 St. Mary's University 2001-2003

## GUEST INSTRUCTORS

### Brian Urick

Minnetonka Boys Varsity Head Coach  
 Former Notre Dame Irish Forward  
 NHL Draft Pick—Edmonton Oilers

### Tim Hanus

Lead Instructor for Impact Hockey  
 Former WCHA St. Cloud State Huskies Forward  
 NHL Draft Pick—Colorado Avalanche

### Additional Staff

High School Varsity Boys/Girls Coaching Staff  
 Collegiate, Professional and Varsity Boys/Girls Players  
*Note—Female programs include female coaches*



## FEES

4 weeks:	\$375	9 weeks:	\$675
5 weeks:	\$435	10 weeks:	\$735
6 weeks:	\$495	11 weeks:	\$795
7 weeks:	\$555	12 weeks:	\$855
8 weeks:	\$615		

Program runs June 15 through September 4.

Select a 4 to 12 week package.\*

Families with more than one child can split purchased weeks between children (*for example, purchase 10 weeks – five weeks for child one, five weeks for child two*).

Fridays: Supervised open dryland all day

**Bantam** — Mondays and Wednesdays

On Ice: 10:20 AM–11:20 PM Dryland: 11:30 AM–12:30 PM  
 Open supervised dryland: 12:30 PM–1:30 PM (optional)  
 Fridays – 1 hour scrimmage

**PeeWee** — Mondays and Wednesdays

Dryland: 8:00 AM–8:50 AM On Ice: 9:10 AM–10:10 AM  
 Open supervised dryland: 10:10 AM–11:10 AM (optional)  
 Fridays – 1 hour scrimmage

**Squirt** — Mondays and Wednesdays

On Ice: 8:00 AM–9:00 AM Dryland: 9:10 AM–10:10 AM  
 Open supervised dryland: 10:10 AM–11:10 AM (optional)  
 Fridays – 1 hour scrimmage

**Girls U14 & U12 (2nd Yr)** — Tuesdays and Thursdays

Dryland: 8:00 AM–8:50 AM On Ice: 9:10 AM–10:10 AM  
 Open supervised dryland: 10:10 AM–11:10 AM (optional)  
 Fridays – 1 hour scrimmage

**Girls U10 & U12 (1st Yr)** — Tuesdays and Thursdays

On Ice: 8:00 AM–9:00 AM Dryland: 9:10 AM–10:10 AM  
 Open supervised dryland: 10:10 AM–11:10 AM (optional)  
 NO Friday Scrimmage  
 \$65 per week – minimum 4 weeks

## Goalies

### 1.75 hours of ice per day!!!

In addition to your regular training schedule outlined above, you will have optional on-ice goalie-only training in the morning from 7:00-7:45 am, two days per week at no additional cost.

Dryland training sessions will include goalie-specific drills.

\*The weeks you select do not need to be consecutive.

## REGISTRATION FORM

Please **circle** which level your son/daughter will play in next hockey season (2009/2010):

BOYS	GIRLS
Bantam	U14
Peewee	U12 (1st Yr)*
	U12 (2nd Yr)*
Squirt	U10 (1st Yr)*
	U10 (2nd Yr)

Please apply by circling the weeks you will be participating (minimum 4, maximum 12).

6/15	6/22	6/29
7/6	7/13	7/20
7/27	8/3	8/10
8/17	8/24	8/31

*Note—selected weeks do not need to be consecutive.*

## PAYMENT

Total enclosed payment: \_\_\_\_\_

Please make checks payable to **Impact Hockey** and mail to the address below. If you wish to pay with Visa or MasterCard, please fill in card information below.

Credit Card #: \_\_\_\_\_

Exp. Date: \_\_\_\_\_ CVS#: \_\_\_\_\_  
*(CVS# is the last three digits on the back of your card)*

Mail this form along with payment to:  
 Impact Hockey  
 PO Box 26271  
 Minneapolis, MN 55426

or register online at  
**impacthockeytraining.com**

## REGISTRATION FORM

Register online at [impacthockeytraining.com](http://impacthockeytraining.com)

Player name: \_\_\_\_\_

Position:      Forward      Defense      Goalie  
(please circle)

Date of birth: \_\_\_\_\_

Parent's names: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone #1: \_\_\_\_\_

Phone #2: \_\_\_\_\_

E-mail: \_\_\_\_\_

*(E-mail is our primary form of communication. If you prefer regular mail, please let us know.)*

The undersigned hereby acknowledges and understands that each player is voluntarily participating in activities that involve risk of injury which might result not only from their actions, inactions or negligence, but the actions, inactions or negligence of others, the rules of play, the conditions of the premises or any of the equipment used. This includes any risks not reasonably foreseeable to Impact Hockey, the Minnetonka Youth Hockey Association or Pagel Activity Center.

I assume the foregoing risks as a condition of participation and accept personal responsibility for the damages following any such injury.

I unconditionally release, waive and consent not to sue Impact Hockey, the Minnetonka Youth Hockey Association or Pagel Activity Center or its employees for any and all liability to the undersigned.

I hereby give permission of images of my child, captured during regular and special Impact activities through video, photo and digital camera to be used solely for the purposes of Impact Hockey promotional material and publications, and waive any rights of compensation or ownership thereto.

  
PO Box 26271  
Minneapolis, MN 55426  
952.545.PUCK  
[impacthockeytraining.com](http://impacthockeytraining.com)

Hockey Puck  
1234 Zamboni Dr  
Hopkins, MN 55342

 **core skills**  
FLEXIBLE TRAINING

Powered by:



**SUMMER 2009**

**Pagel Activity Center**

Register online at  
[impacthockeytraining.com](http://impacthockeytraining.com)

**We challenge players to reach their true potential, one player at a time.**

*Impact Hockey helps players develop skills that will give them confidence in their game.*

### CORE SKILLS

- Skating —
- Puck Control —
- Shooting —
- Thinking —

- #1 SKATING** is the foundation that we build from. Lay the groundwork today for the demands that the next level will bring.
- #2 PUCK CONTROL** becomes easy after practicing with limited time and space.
- #3 SHOOTING** correctly and quickly will allow players to improve scoring percentage.
- #4 THINKING** the game — learn to anticipate where the play is going to be, instead of reacting to where it is now.



**Impact Hockey** blends dynamic skill drills with small game situations to create an atmosphere that is fun and developmental.

*In school, a student tends to improve test scores through studying.  
Not by simply taking more tests.  
In hockey, a player tends to improve game skills through practicing.  
Not by simply playing more games.*

POSTAL  
INDICIA  
GOES  
HERE