

## BANTAM

Mondays and Wednesdays 8:00–11:20 AM

Fridays – 1 hour scrimmage 9:10–10:10 AM

Mondays and Wednesdays

On Ice: 10:20–11:20 AM

Off Ice Skills/Classroom/Video: 9:10–10:10 AM

Off Ice Strength: 8:00–9:00 AM

### ON ICE SKILLS

Players are separated by ability into small group stations with a player-to-instructor ratio of 6-to-1.

SKATING TECHNIQUE–DYNAMIC

SKATING OVERSPEED–DYNAMIC

STICKHANDLING–DYNAMIC

INDIVIDUAL GAME SKILLS–DYNAMIC

**Dynamic can be translated into pivots and transitions. At the bantam level, the game speed ramps up and the standout players face the puck and the play at all times. Players need to learn proper pivoting and transition skating both with and without the puck to compete and succeed.**

### OFF ICE STRENGTH

Players will lift weights in a safe, age-appropriate environment. Players will learn proper posture, timing of lifts, full range of motion, breathing patterns, etc. while they work to build strength in their core hockey muscles (legs, core) and also work on upper body muscles.

Players will graduate this program with improved strength and an understanding of how to lift weights safely and effectively moving forward.

### OFF ICE SKILLS

Dynamic shooting—for example, one timers and rapid fire. Dynamic stickhandling—for example, eyes up while multi-tasking on slide board or balance ball.

### CLASSROOM/VIDEO

Proper nutrition will be learned as it relates to building muscle mass and providing enough energy to the body throughout daily workouts.

Video sessions will help players better understand the game of hockey and will inspire them to go to work on their own improvement.

## PEEWEE

Mondays and Wednesdays 8:00–11:20 AM

On Ice: 9:10–10:10 AM

Off Ice Skills: 10:20–11:20 AM

Off Ice Classroom/Video: 8:00–9:00 AM

### ON ICE SKILLS

Players are separated by ability into small group stations with a player-to-instructor ratio of 6-to-1.

SKATING TECHNIQUE–ADVANCED

SKATING OVERSPEED–ADVANCED

STICKHANDLING–ADVANCED

INDIVIDUAL GAME SKILLS–ADVANCED

### OFF ICE SKILLS

Players are separated into small group stations with a player-to-instructor ratio of 6-to-1.

STICKHANDLING AND SHOOTING–ADVANCED

### OFF ICE CLASSROOM/VIDEO

Players will learn to understand the game better and be inspired to go to work on their own improvement.

## SQUIRT

Mondays and Wednesdays 8:00–11:20 AM

On Ice: 8:00–9:00 AM

Off Ice Skills: 9:10–10:10 AM

Off Ice Classroom/Video: 10:20–11:20 AM

### ON ICE SKILLS

Players are separated by ability into small group stations with a player-to-instructor ratio of 6-to-1.

SKATING TECHNIQUE–PROGRESSIVE

SKATING OVERSPEED–PROGRESSIVE

STICKHANDLING–PROGRESSIVE

INDIVIDUAL GAME SKILLS–PROGRESSIVE

### OFF ICE SKILLS

Players are separated into small group stations with a player-to-instructor ratio of 6-to-1.

STICKHANDLING AND SHOOTING–PROGRESSIVE

### OFF ICE CLASSROOM/VIDEO

Players will learn to understand the game better and be inspired to go to work on their own improvement.

## Girls U14 and U12 (2nd Yr)

Tuesdays and Thursdays 8:00–11:20 AM

On Ice: 9:10–10:10 AM

Off Ice Skills: 10:20–11:20 AM

Off Ice Classroom/Video: 8:00–9:00 AM

### ON ICE SKILLS

Players are separated by ability into small group stations with a player-to-instructor ratio of 6-to-1.

SKATING TECHNIQUE–ADVANCED

SKATING OVERSPEED–ADVANCED

STICKHANDLING–ADVANCED

INDIVIDUAL GAME SKILLS–ADVANCED

### OFF ICE SKILLS

Players are separated into small group stations with a player-to-instructor ratio of 6-to-1.

STICKHANDLING AND SHOOTING–ADVANCED

### OFF ICE CLASSROOM/VIDEO

Players will learn to understand the game better and be inspired to go to work on their own improvement.

## GIRLS U10 and U12 (1st Yr)

Tuesdays and Thursdays 8:00–11:20 AM

On Ice: 8:00–9:00 AM

Off Ice Skills: 9:10–10:10 AM

Off Ice Classroom/Video: 10:20–11:20 AM

### ON ICE SKILLS

Players are separated by ability into small group stations with a player-to-instructor ratio of 6-to-1.

SKATING TECHNIQUE–PROGRESSIVE

SKATING OVERSPEED–PROGRESSIVE

STICKHANDLING–PROGRESSIVE

INDIVIDUAL GAME SKILLS–PROGRESSIVE

### OFF ICE SKILLS

Players are separated into small group stations with a player-to-instructor ratio of 6-to-1.

STICKHANDLING AND SHOOTING–PROGRESSIVE

### OFF ICE CLASSROOM/VIDEO

Players will learn to understand the game better and be inspired to go to work on their own improvement.

## IMPACT GOALTENDING

This summer our philosophy is going to be repetition of some key ingredients in building a foundation for each goalie. The Pagel (PAC) Ice arena will feature goalie coach Dave Rogalski. Dave is a full time goalie coach for college, junior, high school and youth goalies throughout the state of Minnesota

**MOVEMENT**—Without the correct movement and reasoning it's easy for a goalie to get lost in the net. Our philosophy is that movement is the most important key to next year's success. With movement goalies will learn how to properly recover, challenge more, be faster laterally and understand depth control.

**PLAYING THE PUCK**—The best goalies in high school, college and professional ranks can play the puck exceptionally well. Our goal is to help you stop and set up the puck behind the net, be able to control the puck and move it up ice.

**SAVE SELECTION**—With proper save selection the game will become easier for goalies of all ages. Learning to use the stick, body, pads and proper reactions without doing too much can make this position a lot easier.

**INTANGIBLES**—Impact is a tough yet fun place to train. You will get goalie coaching, see a lot of shots and play small games. In the one hour of on ice instruction you will get everything you would want out of a practice for a goalie. This is a great environment to learn proper techniques and movement, while learning how to utilize goalie athleticism.

Our program runs for 8 weeks and is flexible to work around your schedule this summer. The key component is that goalies will learn through progression and consistent coaching for a period of 4-8 weeks.

Also available this summer is 1–1 and 2–1 training in the early morning for 45 minutes. Any goalie that signs up for 6 weeks or more will be eligible for a discount on the early morning training. For more information contact Dave Rogalski with any questions.

rogym@impacthockeyplayers.com or  
952 215 5436

## REGISTRATION FORM

Please **circle** which level your son/daughter will play in next hockey season (2010/2011):

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 8).

6/14	6/21	6/28
7/12	7/19	7/26
8/2	8/9	

*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

Questions call 952-545-7825 or email [ogie@impacthockeyplayers.com](mailto:ogie@impacthockeyplayers.com)

or register online at  
**[impacthockeytraining.com](http://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.

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, 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.

\_\_\_\_\_

## UPDATED FOR 2010

**core skills**  
FLEXIBLE TRAINING



Powered by:



## SUMMER 2010

### Page! Activity Center

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

## FEES (PEEWEE, SQUIRT, U14, U12, U10)

4 weeks:	\$295	7 weeks:	\$445
5 weeks:	\$345	8 weeks:	\$495
6 weeks:	\$395		

## FEES (BANTAM)

\$90 per week

Program runs June 14 through August 13.

Select a 4 to 8 week package.

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

## INDIVIDUAL ATTENTION AND PROFESSIONAL INSTRUCTION

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.

## EXPERT INSTRUCTION

Impact instructors are experts at connecting with young players and showing them how to improve their game.

## PAGE! 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

*Note—Weight Training memberships available*

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