

## IMPACT HOCKEY

Our #1 goal is that each player has a fun and positive learning experience!

We've designed the program to be highly individualized because skill levels vary greatly for this age group.

Our instructors will ensure that each player within the small group is simultaneously building a strong skills foundation and being challenged to progress to the next level of development.

## INDIVIDUAL ATTENTION

The player-to-instructor ration for these small groups will be no more than **6-to-1**. There will be a maximum of 24 skaters (four groups).

Players are separated by ability into small group stations.

## DAILY SCHEDULE

Each day will consist of one hour on-ice and one hour off-ice, with a break for snack in between.

### On-Ice Training Emphasis

- Skating Technique
- Puck Handling

### Dryland Training Emphasis

- Puck Handling
- Shooting

## THE PAGEL ACTIVITY CENTER

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

- NHL 200' x 85' Ice Sheet
- Dryland Training Sport Court Surface
- Russian Boxes
- Stride Boards
- Shooting Lanes
- Stick Handling Circuit
- Street Hockey Zone

## HEAD INSTRUCTORS

### Eric Johnson

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

### Adam Kragthorpe

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

### Tim Hanus

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

### Dave Rogalski

Lead Instructor for Impact Hockey  
Minnesota Advanced Camps Evaluator  
Minnetonka Assistant Girls Varsity Coach  
St. Mary's University 2001-2003

### Additional Staff

High School Varsity Boys/Girls Coaches  
High School Varsity Boys/Girls Players  
Collegiate and Professional Players



## REGISTRATION FORM

Registrations accepted online at  
**impacthockeytraining.com**

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

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 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.

\_\_\_\_\_

## REGISTRATION FORM

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

BOYS	GIRLS
Mite 1	U6
Mite 2	U8
Mite 3	
Mite 4	

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

6/14	6/21	6/28
7/5	7/12	7/19
7/26	8/2	8/9
8/16	8/23	8/30

*Note—selected weeks do not need to be in sequence.*

## 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 5542

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

## MITE MADNESS

**Mondays and Wednesdays**  
**2:10 to 4:20 p.m. at Pagel Activity Center**  
**June 14 through September 1**

Pick a flex-week package.

*Selected weeks do not have to be in sequence.*

### Fee:

3 weeks	\$195	7 weeks	\$395
4 weeks	\$245	8 weeks	\$445
5 weeks	\$295	9 weeks	\$495
6 weeks	\$345		

Your selected weeks will be honored on a first-come, first-served basis. If one or more of your selected weeks are full, we will contact you regarding your options.

## REQUIRED EQUIPMENT

- Pelvic Protector
- Hockey Socks
- Shin Pads
- Breezers / Hockey Pants
- Hockey Skates
- Shoulder Pads
- Elbow Pads
- Jersey (we will provide on first day)
- Neck Guard
- Helmet
- Mouth Guard
- Gloves
- Hockey Stick
- Dryland Clothes  
*(athletic shoes, shirt, shorts, sweatshirt)*

### Questions?

**952.545.PUCK (7825)**

E-mail: [ogie@impacthockeyplayers.com](mailto:ogie@impacthockeyplayers.com)  
[impacthockeytraining.com](http://impacthockeytraining.com)

# MITE MADNESS

Powered By:



**Summer 2010**

June 14 through September 1

**Pagel Activity Center**

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