

EASTVIEW LIGHTNING SUMMER TRAINING PROGRAM



Strength training will be available at Eastview High School. There will be a designated time for Eastview Hockey players, as a group, to train in the weight room. Mondays, Tuesdays, and Thursdays, led by Eastview High school strength coaches. It is very important to make use of the summer to improve individual strength and fitness, If each individual makes a commitment to improve himself in the summer, the team will be that much better next winter. Contact High School strength coaches for application and fee.

On Ice Program Cost \$300.00 \$150.00 deposit and registration due by May 1st. Balance due no later than June 25, 2010.

Make checks payable to: STP Hockey

Mail check and registration form to:

STP Hockey c/o Drey Bradley 1636 Walnut Lane Eagan, MN 55122 651-456-5775

2010 STP Calendar Dates Eagan Ice Arena

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6/14	6/15	6/16	6/17	6/18
	Group 1 11:00-12:30		Group 1 11:00-12:30	
	Group 2 12:45-2:15		Group 2 12:45-2:15	
6/21	6/22	6/23	6/24	6/25
	Group 1 11:00-12:30		Group 1 11:00-12:30	
	Group 2 12:45-2:15		Group 2 12:45-2:15	
6/28	6/29	6/30	7/1	7/2
NO HOCKEY		WEEK OFF		
7/5	7/6	7/7	7/8	7/9
	Group 1 11:00-12:30		Group 1 11:00-12:30	
	Group 2 12:45-2:15		Group 2 12:45-2:15	
7/12	7/13	7/14	7/15	7/16
	Group 1 11:00-12:30		Group 1 11:00-12:30	
	Group 2 12:45-2:15		Group 2 12:45-2:15	
7/19	7/20	7/21	7/22	7/23
Group 1 2:15-3:15	Group 1 11:00-12:00	Group 1 2:15-3:15	Group 1 11:00-12:00	
Group 2 3:30-4:30	Group 2 12:15-1:15	Group 2 3:30-4:30	Group 2 12:15-1:15	
7/26	7/27	7/28	7/29	7/30
	Group 1 10:30-11:30		Group 1 11:00-12:00	
	Group 2 11:30-12:30		Group 2 12:00-1:00	

There will be a tournament the weekend of the 23rd through the 25th of July. There will be an extra cost of \$25 per player for this tournament. Dryland conditioning will be held outside of the Eagan arena after each icetime.

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Parental Conent Form: The applicant agrees that Eastview STP coaches will not be held responsible for any accidents, injury of loss of personal property, however caused, and agrees to release Eastview STP from any daims or damages which may arise as a result of such accident, injury or loss. We the parents / guardians of the above enrolled applicant, agree to these terms and conditions and give consent to the players participation in Eastview STP.	The applicant responsible fit however caus damages which the parents / terms and co
Session (Circle One) Group 1 Returning Varsity/JV Group 2 New Players	Ses Gro
ail:	E-Mail:
() Player Cell Number: ()	Play
Home Phone Number: ()	Hor C Day
Address:	Adc
First Last	
ne:	Name:
Registration Form	