**Tartan Titans Hockey**

**Summer Development Program**

**Program**

Strength Training @ Tartan High School Weight Room with Coach Wessel and staff

* Core Strength and Stability, Exercises Specific to the On-Ice Demands of a Hockey Player
* Lower and Upper Body Muscular Strength and Endurance
* Improve Power and Quickness
* Increase Aerobic and Anaerobic Capacity

Dryland Training (DLT) – @ Tartan Arena with our Coaching staff

* Shooting (mechanics, accuracy, quick release, vision)
* Stickhandling
* Functional Movement
* Speed, Agility, Balance and Quickness

Ice Training @ Tartan Ice Arena with Coach Cole Leitch, Kyle Grabowski & guests

* Focus on all Hockey Skills
* Skating Quickness, Speed, Power and Agility
* Improve Players' Ability to Play Smart in all Game – Like Situations
* Hockey IQ and Game Playing Sense
* Concepts Through Competitive Drills

**Schedule**

* Monday, Tuesday, Wednesday & Thursday.
* Strength Training & Dryland Training (DLT): June 10th – Aug 31st

Vet’s 12:00pm – 1:15pm and Rookies 1:30 – 2:45pm

* Ice times: June 24th – August 31st
	+ “Rookies” – Underclassmen (grades 10-8) 12:00pm – 1:15pm.
	+ “Veterans” – Varsity & JV (grades 11 & 12) 1:30pm – 2:45pm
		- There can be exceptions to the V/JV group upon review – independently

Scrimmage games TBD – in the process of setting a schedule.

Tournaments - TBD *\*\*Players participating in the tournament pay a fee, divided accordingly.*

Tournaments are primarily for participants (grades 12-10) OR by coach’s discretion; scrimmages are for all SDP participants and set up as “Veterans” and “Rookies”. **NOT ALL PARTICPANTS WILL SKATE IN THE TOURNAMENTS**; your acceptance into the SDP is acknowledgment of this.

Our SDP is for all Tartan High School eligible hockey players, as well as Bantam eligible in 2019-20. This is a great opportunity for the coaches to meet and communicate with the players and for the younger players an opportunity to transition into High School hockey. THE most important element to our program is to bring ALL our players together on and off the ice working toward our goals.

The off-ice program in the weight room will be supervised and instructed by Coach Wessel’s staff. Four days per week, the weight lifting and off ice mobility/agility program will benefit our players immensely, the program will only include our hockey players and we expect dedication from our players. ***We don’t care how much you lift, we care you have the desire & passion to develop.***

23.75 Ice training hours (**not including scrimmage and tournament games**)

40.50 Strength Training & DLT hours

63.25 Total development hours for each player

**Cost:** $595 for skaters $495 for goalies, two siblings taking part in the program – $100 off. If payment plans need to be arranged please contact me, information is on the bottom of the next page.

**MSHSL MANDATORY BLACKOUT WEEK**

**June 29th through July 5th**



**REGISTRATION FORM**

**DUE DATE is MAY 31ST – SPACE IS LIMITED**

Player Name­­­­­­­­­­­­­­­­­­­­ ­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­

Players Age & Grade in the Fall

Players Jersey Size

Parent/Guardian Name

Emergency Contact Number (1)

Emergency Contact Number (2)

Email Contact

**I hereby grant permission to the staff to act for me, according to their best judgment, in any emergency requiring medical attention. I release the camp staff and Tartan High School from all liability for injuries while participating in the program.**

Parent/Guardian signature Date

For additional information please contact Head Coach Cole Leitch (H) 651-779-8779 leave a message or email cleitch@usps.gov.

Please mail registration form and check ($595 or $495) payable to:

Cole Leitch – THD (Tartan Hockey Development)

2859 Hydram Ave North

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