



2019 ROTR GIRLS HIGH SCHOOL & COLLEGE HOCKEY CAMP

Camp will consist of ice, dry-land & weight training sessions. Sessions will be provided by the Wildcat Girls Coaching Staff, Varsity Girls Head Coach Jeremy Gunderson & Assistant Varsity Coach/Goalie Coach Jeff Bolin.

13 ICE SESSIONS

- SKATING TECHNIQUES
- SMALL ICE GAMES
- PASSING DRILLS
- OVERSPEED SKATING
- SHOOTING DRILLS
- COMPETITIVE SCRIMMAGES

13 DRY-LAND SESSIONS

- WEIGHT TRAINING
- SHOOTING DRILLS
- STICK HANDLING DRILLS
- PLYOTUBES
- SPEED DRILLS
- LADDERS & MORE

JUNE	DRYLAND	ICE
5	8:30-9:30PM	7:15-8:15PM
9	8:30-9:30PM	7:15-8:15PM
12	8:30-9:30PM	7:15-8:15PM
16	8:30-9:30PM	7:15-8:15PM
19	8:30-9:30PM	7:15-8:15PM
23	8:30-9:30PM	7:15-8:15PM
26	8:30-9:30PM	7:15-8:15PM
JULY	DRYLAND	ICE
7	8:30-9:30PM	7:15-8:15PM
10	8:30-9:30PM	7:15-8:15PM
14	8:30-9:30PM	7:15-8:15PM
24	8:30-9:30PM	7:15-8:15PM
28	8:30-9:30PM	7:15-8:15PM
31	8:30-9:30PM	7:15-8:15PM

ALL SESSIONS ARE HELD AT THE DODGE COUNTY ICE ARENA, KASSON

***** LIMITED TO THE FIRST 40 PAID REGISTRATIONS *****

NEW THIS YEAR... ONLINE REGISTRATION & PAYMENT AT:

www.returnoftherobinjr.com

OR BY MAIL: Please submit the form below with payment payable to:

JEREMY GUNDERSON 901 Towne Drive, Byron, MN 55920 (507) 951-1019 gunderson325@hotmail.com

NAME: _____ DOB: _____

ADDRESS: _____ PHONE: _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL: _____

COST: SKATERS \$195 / GOALIES \$100

X _____ DATE _____

Parent/Guardian Signature

The Dodge County Ice Arena or League Directors are not responsible for any injury and/or loss of personal property. I have read, understand and agree to all conditions and rules set forth by the Dodge County Ice Arena

REGISTRATION DEADLINE – MAY 20, 2019 (checks will be cashed June 1st)

Any registrations received after the deadline will have an additional \$25 admin fee.