



# 2020 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
7	8:30-9:30PM	7:15-8:15PM
9	8:30-9:30PM	7:15-8:15PM
14	8:30-9:30PM	7:15-8:15PM
16	8:30-9:30PM	7:15-8:15PM
21	8:30-9:30PM	7:15-8:15PM
23	8:30-9:30PM	7:15-8:15PM
28	8:30-9:30PM	7:15-8:15PM
30	8:30-9:30PM	7:15-8:15PM
JULY	DRYLAND	ICE
12	8:30-9:30PM	7:15-8:15PM
19	8:30-9:30PM	7:15-8:15PM
21	8:30-9:30PM	7:15-8:15PM
26	8:30-9:30PM	7:15-8:15PM
28	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](http://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](mailto: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, 2020 (checks will be cashed June 1st)**

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