



# 2020 ROTR YOUTH GIRLS HOCKEY CAMP

**ATTENTION ALL MITE - 14U GIRLS:** Camp will consist of both ice & dry-land sessions. Players will be divided into small groups according to age and skill level. Sessions will be coached by Wildcat Girls High School Coaching Staff, female College and HS Wildcat players, 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

## 7 DRY-LAND SESSIONS

- PLYOTUBES
- SHOOTING DRILLS
- STICK HANDLING DRILLS
- LADDERS
- SPEED DRILLS
- OTHER DRYLAND EXERCISES

JUNE	DRYLAND	ICE
7	5:00-5:45PM	6:00-7:00PM
9	NO DRYLAND	6:00-7:00PM
14	5:00-5:45PM	6:00-7:00PM
16	NO DRYLAND	6:00-7:00PM
21	5:00-5:45PM	6:00-7:00PM
23	NO DRYLAND	6:00-7:00PM
28	5:00-5:45PM	6:00-7:00PM
30	NO DRYLAND	6:00-7:00PM
JULY	DRYLAND	ICE
12	5:00-5:45PM	6:00-7:00PM
19	5:00-5:45PM	6:00-7:00PM
21	NO DRYLAND	6:00-7:00PM
26	5:00-5:45PM	6:00-7:00PM
28	NO DRYLAND	6:00-7:00PM

**ALL SESSIONS 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)

**REGISTRATION DEADLINE - MAY 20, 2020 (checks will be cashed June 1<sup>st</sup>)**

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

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.*