



# 2024 ROTR GIRLS HIGH SCHOOL & COLLEGE HOCKEY CAMP

*Camp will consist of ice & dry-land sessions. Sessions will be provided by the Wildcat Girls Coaching Staff, Varsity Girls Head Coach Jeremy Gunderson, Hollywood Hermanson, Dana Rasmussen, Molly Shelton, Nicole Schammel, Katie Robinson, and Emily Gunderson. (See Rio's attached)*

## 12 ICE SESSIONS

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

## 12 DRY-LAND SESSIONS

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

JUNE	DRYLAND	ICE
2	8:30-9:30PM	7:15-8:15PM
4	8:30-9:30PM	7:15-8:15PM
9	8:30-9:30PM	7:15-8:15PM
11	8:30-9:30PM	7:15-8:15PM
16	8:30-9:30PM	7:15-8:15PM
18	8:30-9:30PM	7:15-8:15PM
23	8:30-9:30PM	7:15-8:15PM
25	8:30-9:30PM	7:15-8:15PM
JULY	DRYLAND	ICE
9	8:30-9:30PM	7:15-8:15PM
28	8:30-9:30PM	7:15-8:15PM
29	7:30-8:30PM	6:15-7:15PM
30	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 18th, 2024 (checks will be cashed June 1st)**

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