

2025 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,
Emily Gunderson and Katie Montrose

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
1	8:30-9:30PM	7:15-8:15PM
3	8:30-9:30PM	7:15-8:15PM
8	8:30-9:30PM	7:15-8:15PM
10	8:30-9:30PM	7:15-8:15PM
15	8:30-9:30PM	7:15-8:15PM
17	8:30-9:30PM	7:15-8:15PM
22	8:30-9:30PM	7:15-8:15PM
24	8:30-9:30PM	7:15-8:15PM
29	8:30-9:30PM	7:15-8:15PM
JULY	DRYLAND	ICE
8	8:30-9:30PM	7:15-8:15PM
29	7:30-8:30PM	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 7

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

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		•		
Parent/Guardian Sign		iury and/or loss of personal property. I have read, understand and garee to		
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, 2025 (checks will be cashed June 1st) Any registrations received after the deadline will have an additional \$25 admin fee.