

Please fill out application or register online
www.lakeofthewoodshockeyschool.com

Skater's Name _____

Address _____

City _____ State _____ Zip _____

Phone: Guardian Cell _____

Email: _____ DOB _____

Please circle all appropriate groups & check box

- Bantams • Mites • PeeWees **2019**
- Squirts • High School • SST July 15-19
- Young Skaters 1st week only July 22-26
- Goaltender Session 2nd week only Both Weeks

Jersey Size: YS YM YL AS AM AL AXL AXXL

Please circle jersey size. To guarantee size preference registration must be received prior to May 15

GOALIES 1/2 PRICE! Bantams/PeeWees/Squirts
 2 hrs on ice each day
 INCLUDING 45 mts dryland each day
1 wk \$180 (\$210 LATE) 2 wks \$360 (\$390 LATE)
 Price includes jersey
 To avoid late charges payment must be received by June 1
 Add Superior Skating Techniques (extra 5 hours of ice/week)
1 wk \$75 2 wks \$150 (Limited space. Add to above price.)

Young Skaters \$50 July 15-19 <small>Warm up jersey not included in price.</small>	Goaltender Session \$90 July 22-26
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Mites
 1 hr and 15 mts of ice time each day
1 wk \$100 (\$130 LATE) 2 wks \$200 (LATE \$230)
 Price includes jersey
 To avoid late charges payment must be received by June 1

High School
1 wk \$80 (\$20 Per Day) 2 wks \$150 (\$20 Per Day)
 Price includes jersey if paying for full week prior to session

Checks made payable to:
Lake of the Woods Hockey School
 Send Application and Check To:
 Don Krause
 4962 Graceton Bch Rd NW
 Williams, MN 56686
 (218) 469-0025 (Txt or Call)
 email: lakeofthewoodshockey@yahoo.com
 Please note: Confirmations will not be mailed out.



About Lake of the Woods Hockey School

Don Krause, currently and has been the MN Hockey CCM HP 15 Head Coach for 24 years. He has designed a complete and sequential format that builds upon the foundations set during the preceding sessions. Having coached for over 30 years, he has worked with professional, college, junior, high school and amateur players to help them maximize their potential.

Coach Krause has compiled a high quality staff to meet the needs of all the players. Teaching young players about the great game of hockey and helping them to develop their hockey skills in an enjoyable style are the goals of the Lake of the Woods Hockey School.



IMPROVE YOUR GAME

- **INCREASE SPEED AND STRENGTH** to lengthen your stride and develop pull-away power.
- **BETTER BALANCE AND AGILITY** to explosively maneuver and confidently compete along the boards in front of the net.
- **IMPROVE PUCK CONTROL** to deftly handle the puck in traffic while enhancing your vision to see the whole ice.
- **SHOOT WITH AUTHORITY AND ACCURACY** to finish at the net with success.
- **DEVELOP SOLID PASSING SKILLS** to support your teammates and create game winning opportunities.

COST INCLUDES

Awards and Recognition Given Each Week! **AND** Warm up Jersey

Off-Ice Stickhandling Sessions



Since 1987

Lake of the Woods

HOCKEY SCHOOL

Two Weeks of Professional Development



Monday-Friday July 15-19
Monday-Friday July 22-26
2019

Don Krause, Director

Registration available online at
www.lakeofthewoodshockeyschool.com



SCHEDULE

**Hockey School is located at the
NEW Community Arena
Next to the High School**

Bantams/14U and Up	8:15 - 10:15 a.m.
PeeWees/12U	10:30 - 12:30 p.m.
SST Bantam/PeeWee	12:45 - 1:45 p.m.
Squirts/10U	2:00 - 4:00 p.m.
SST Squirt/Mites	4:15 - 5:15 p.m.
Young Skaters <i>1st week only</i>	5:15 - 6:00 p.m.
Goalie Session <i>2nd week only</i>	5:15 - 6:00 p.m.
Mites	6:15 - 7:30 p.m.
High School	7:45 - 10:00 p.m.
Dryland Sessions	
PeeWees	9:15 - 10:00 a.m.
Bantams	10:30 - 11:15 a.m.
Squirts	12:45 - 1:30 p.m.



Professional Training at Reasonable Rates

Lake of the Woods Hockey School provides professional training at extremely competitive rates. We sincerely strive to give you the best value for your money by providing solid amounts of ice time, dry land training, and personal attention.

"My two boys have been going to Lake of the Woods Hockey School for the last several years. The hockey development they have experienced has been awesome! The power skating is second to none! They friends they have made and the coaches they have interacted with have been unbelievable! The life experience...priceless! It is by far one of the best all around camp my boys have enjoyed. Don Krause has done a fantastic job!"
John LaPlante Emo, Ontario



"Lake of the Woods Hockey School has been the best school that we have gone to. Don really knows how to teach power skating, which is really the most important skill for all players. We look forward to coming again." Tom Wherley, IFalls, MN

Applications available on our website
www.lakeofthewoodshockeyschool.com

WHAT WE PROVIDE

Bantams/14U, Pee Wees/12U, and Squirts/10U will have one and a half hours of skill instruction in power skating, stick handling, body contact, passing, shooting and a half hour of controlled scrimmages each day. Girls are highly encouraged to join us in all sessions.

Goaltenders will be given personal attention during both the on-ice and dryland sessions by a qualified instructor. Goaltender session's will concentrate on specific skills and agility to improve every age of netminder.

Dryland Sessions will concentrate on improving the soft hands needed to control the puck. **These off-ice stick handling sessions are included in the cost of the hockey school.**

Superior Skating Techniques (SST) will be a highly intensified session aimed at extending each player's comfort zone. It is intended to enhance quickness, power and ability to create an explosive player. We strongly recommend it as a complement to the Bantam, Pee Wee, or Squirt sessions.

Young Skaters is specifically designed for those who want to try skating in a safe environment or want to develop their newly learned skating skills. It is only offered during week one. Helmets are required.

Focus on Technique

Lake of the Woods Hockey School concentrates on teaching the most effective techniques for skating and stick handling success. As a player improves their individual skills, it is apparent that they will also be more valuable to their team. Our focus on technique is fueled by our sincere desire to make the game enjoyable for all participants. We clearly understand that we all tend to have more fun when we feel confident in our abilities.

Direct and Immediate Feedback.

The feedback that Lake of the Woods Hockey School provides is direct, immediate, and accentuates the positive. Skating with the players, our instructors interact to communicate and demonstrate proper technique. Group numbers are limited to ensure that proper teaching and learning takes place.

Skate Sharpening is Available.



MEDICAL CONSENT

This is to certify that I, _____, give my consent to Lake of the Woods Hockey School staff to obtain medical responsibility for my child, _____, in the event of any injury obtained during said hockey school sessions.

Parent Signature

Insurance Company

Policy/Group Number

Release of Liability

While participating in Lake of the Woods Hockey school, I/We understand and appreciate that participation in or observation of the sport of hockey constitute a risk to me/us of serious injury. I/We voluntarily and knowingly recognize, accept, and assume this risk and release Lake of the Woods Hockey School or Baudette Arena Association, its organizers, coaches, board members, and members from any liability therefore.

**READ BEFORE SIGNING!
MUST BE SIGNED!!**

Participant Signature Date

Parent/Guardian Signature Date



**AVOID
LATE FEES
Register
by June 1**