

Please fill out application and mail in or register online @ www.lakeofthewoodshockeyschool.com

Name _____

Address _____

City/State/Zip _____

Guardian Name and Cell _____

Email: _____ Birth _____
Mo/Yr

WEEK

June 29-July 3 July 6-10

COST PER WEEK

Bantams Skater \$210 Goalie \$105

PeeWees Skater \$210 Goalie \$105

Squirts Skater \$180 Goalie \$90

Mites Skater \$120 Goalie \$60

SST Skater \$90

Young Skater \$60 High School \$50

JERSEY SIZE

Paid registration must be received by May 25 to receive a jersey.

Youth S Youth M Youth L

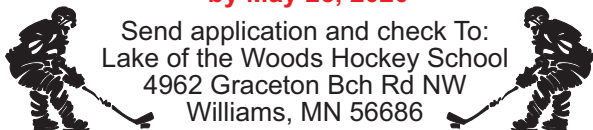
Adult S Adult M Adult L Adult XL



Detach and Return



Mail completed form and check made payable to:
Lake of the Woods Hockey School
by May 25, 2020



Send application and check To:
Lake of the Woods Hockey School
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.



LOTW Hockey School
Don Krause
4962 Graceton Bch Rd NW
Williams, MN 56686



Lake of the Woods
Hockey School
Since 1994

June 29 - July 3
July 6-10, 2020



SUMMER 2020

Accepting online/mailed registration for 1 or 2 wks
www.lakeofthewoodshockeyschool.com

Don Krause, Director

email: lakeofthewoodshockey@yahoo.com

Hockey School is located at the International Arena next to the High School just west of Baudette off of Hwy 11



SCHEDULE

Bantams/14U and Up 8:45 - 10:30 a.m.
PeeWees/12U 10:45 - 12:30 p.m.
SST Bantam/Peewee 12:45 - 1:45 p.m.
Squirts/10U 2:00 - 3:30 p.m.
SST Squirt/Mites 3:45 - 4:45 p.m.
Young Skaters 4:45 - 5:30 p.m.
Mites 5:45 - 7:00 p.m.
High School 7:15 - 9:00 p.m.

Dryland Sessions

Peewees 9:30 - 10:15 a.m.
Bantams 10:45 - 11:30 a.m.
Squirts 12:45 - 1:30 p.m.



About Lake of the Woods Hockey School

Don Krause, currently and has been the MN Hockey CCM HP 15 Head Coach for 25 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.



WHAT WE PROVIDE

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

Dryland Sessions will concentrate on improving the soft hands needed to control the puck and provide instruction in proper training methods to increase your coordination and strength. **These off-ice stick handling sessions are included in the cost of the hockey school for Bantam, Peewee and Squirts.**

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 our regular sessions.

Goaltenders will be given personal attention during both the on-ice and dryland sessions by a qualified instructor.

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. 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.

MEDICAL CONSENT

Participant Name

Insurance Company

Policy/Group Number

Emergency Contact Name

Emergency Contact Phone Number

RELEASE OF LIABILITY

I waive and release liability of Lake of the Woods Hockey School, LLC., instructors and players from any liability for any type of injuries that occur at camp. I authorize camp staff to use their best judgement in an emergency requiring medical attention. I hereby certify that my child is medically fit to participate in this camp.

Parent/Guardian Signature

Date

I authorize Lake of the Woods Hockey School, LLC to take photos and/or videos of my child during camp. I understand that the photos and videos may be used in our brochure or our website in the future.

Parent/Guardian Signature

Date

