

Please fill out application and mail in or register  
online @ [www.lakeofthewoodshockeyschool.com](http://www.lakeofthewoodshockeyschool.com)

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Guardian Name \_\_\_\_\_

Cell Number \_\_\_\_\_

Email \_\_\_\_\_

**August 14-18, 2023**

**COST** Check appropriate box

PeeWees ☐ Skater \$280 ☐ Goalie \$180

Squirts ☐ Skater \$280 ☐ Goalie \$180

Mites ☐ Skater \$150

Power Skating add on ☐ Skater \$150

**JERSEY SIZE**

Paid registration must be received  
by May 31 to receive a jersey.

☐ Youth S ☐ Youth M ☐ Youth L

☐ Adult S ☐ Adult M ☐ Adult L ☐ Adult XL

Registration  
available online!  
Scan QR code or  
go to



[www.lakeofthewoodshockeyschool.com](http://www.lakeofthewoodshockeyschool.com)

or mail completed form and  
check made payable to:  
**LOTW Hockey School**

**To ensure availability register early.**



Send application and check to:

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

Questions? (218) 469-0025 (Txt or Call)

Please note: Confirmations will not be mailed out.

Scissors icon  
**Detach and Return**



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



Lake of the Woods  
**Hockey School**  
Since 1994

**August 14-18, 2023**



**Summer 2023**

Accepting online/mailed registration  
[www.lakeofthewoodshockeyschool.com](http://www.lakeofthewoodshockeyschool.com)  
Directors of Camp  
Luke and Don Krause  
email: [lakeofthewoodshockey@yahoo.com](mailto:lakeofthewoodshockey@yahoo.com)

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



**PeeWees/12U** . . . . . 10:45 - 12:15 p.m.  
**Power Skake PeeWee/Squirt** . . 12:30 - 1:30 p.m.  
**Squirts/10U** . . . . . 1:45 - 3:15 p.m.  
**Mites** . . . . . 5:30 - 6:30 p.m.

#### **Dryland Sessions**

**PeeWees** . . . . . 9:30 - 10:15 a.m.  
**Squirts** . . . . . 11:15 - 12:00 p.m.



#### **About Lake of the Woods Hockey School**

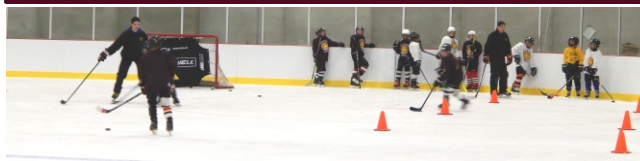
Don Krause has been the MN Hockey CCM HP 15 Head Coach for 26 years. He has coached professional, college, junior, high school and amateur players to help them maximize their potential for over 35 years.

Luke Krause played collegiately and is currently assistant rink manager at the Cullen Hockey Center in Moorhead, MN. He has also been coaching at the HP 15 program since 2016. Luke utilized his offensive skills to lead the state in scoring his senior year in high school and has been an integral instructor for the hockey school since 2015.

Together they have 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.



### **WHAT WE PROVIDE**



**PeeWees/12U - Squirts/10U - Mites/8U** Players will have specific skill instruction in edge-work, stick handling, body contact, passing and shooting. Small area games are utilized to provide fun and competitive opportunities to work on skill development. 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 increase your coordination and strength. **These off-ice sessions are included in the cost of the hockey school for PeeWee and Squirts.** Not available for Mites.

**SST (Superior Skating Techniques)** is a highly intensified power skating session aimed at extending each player's comfort zone and enhancing quickness and power to create an explosive stride. We strongly recommend it as a complement to our PeeWee and Squirt sessions. SST is not available on its own.

**We focus on the most effective techniques to**

### **IMPROVE YOUR GAME**

- **INCREASE SPEED AND STRENGTH**
- **GAIN BETTER BALANCE AND AGILITY**
- **IMPROVE PUCK CONTROL**
- **SHOOT WITH AUTHORITY AND ACCURACY**
- **DEVELOP SOLID PASSING SKILLS**



**Awards and Recognition given each week!**  
**Warm up jersey provided to those who register by May 31. Early registration is encouraged to ensure availability.**

## **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

