

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

Name _____

Address _____

City/State/Zip _____

Guardian Name _____

Cell Number _____

Email _____

August 12-16, 2024

COST Check appropriate box

PeeWees 12U Skater \$300 Goalie \$225

Squirts 10U Skater \$300 Goalie \$225

Mites 8U Skater \$170

Power Skating add on Skater \$150
Limited availability.

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

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.

We focus on the most effective techniques to

IMPROVE YOUR GAME

- **INCREASE SPEED AND STRENGTH** to lengthen your stride and develop pull-away power.
- **GAIN 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.



SUMMER 2024



Awards and Recognition given each week!



Lake of the Woods Hockey School

Since 1994

August 12-16, 2024



Accepting online/mailed registration
www.lakeofthewoodshockeyschool.com

Directors of Camp
Luke and Don Krause

email: lakeofthewoodshockey@yahoo.com

Detach and Return

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



SCHEDULE

PeeWees/12U 10:45 - 12:30 p.m.
Power Skake PeeWee/Squirt . . 12:45 - 1:45 p.m.
Squirts/10U 2:00 - 3:30 p.m.
Mites/8U 5:45 - 7:00 p.m.

Dryland and Power Skate are not available to Mites.

Dryland Sessions

Peeweess 9:30 - 10:15 a.m.
Squirts 11:30 - 12:15 p.m.



About Lake of the Woods Hockey School

Don Krause, has been the MN Hockey CCM HP 15 Head Coach for over 30 years. He has designed a complete and sequential format that builds upon the foundations set during the preceding sessions. Having coached for over 35 years, he has worked with professional, college, junior, high school and amateur players to help them maximize their potential.

Luke Krause played collegiately and is currently the assistant rink manager at the Cullen Arena in Moorhead, MN. He has been an integral instructor for the hockey school since 2015.

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.



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.



WHAT WE PROVIDE



PeeWees/12U, Squirts/10U, Mites/8U will have skill instruction in power skating, stick handling, contact confidence, 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 Peewee and Squirts.**

SST (Superior Skating Skills) will be a highly intensified power skating 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.

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

