



**High School Warm Ups
&
Elite Training for Bantams
October 3rd - 28th**

Location: Fogerty Ice Arena

A professionally designed on and off ice training program. This camp will focus on skill development, speed, explosion, skating dynamics, strength and conditioning. We have added the skating treadmill to further enhance the training of the athletes.

Please wear proper training attire. Players will need sticks, gloves and skates for dry land and the skating treadmill.

Schedule

Wednesdays October 3, 10, 17 & 24

Ice 3:45 - 4:45, Weight Room 4:55 - 6:10

Sundays October 7, 14, 21, & 28

Skating Treadmill

Group A 9:00am - 9:50am, Group B 10:00am - 10:50am, Group C 11:00am - 11:50am

Weight Room Day #2 can be done before or after the treadmill sessions.

**Please note athletes in fall sports will be allowed to do the Sunday sessions for \$80.00.*

Cost: \$160.00

This camp has limited space available and it will fill quickly! Please mail in your payment and liability disclaimer ASAP to secure a spot.

Please make checks payable to: Scott Steffen Training LLC.

12945 Leyte Circle NE Blaine, MN 55449

Phone: 651-707-5895, E-Mail steffentraining@att.net

LIABILITY DISCLAIMER

Scott Steffen Training is a limited liability company. I understand that Scott Steffen, coaches and instructors do not carry insurance on players. I expressly assume all risk of loss/injury & hereby release & agree to save, hold harmless & indemnify Scott Steffen, arena locations and its employees, from liability for injury or harm or other damage I or my child may sustain as a participant.

Parent or guardian signature

Player's Signature

Insurance company and policy number

E-Mail

Phone

Treadmill Group (Please Circle) A B C