

Cightning Training High School & 15U

June 8th - August 8h

On-Ice Skill Development

Edgework Power Skating

Center Off-ice Strength >>>>>>

centerstudio

Hockey-Specific Strength Sessions

June –

Thursday 8th 12:15-1:00 Thursday 15st 12:15-1:00 Thursday 22nd 12:15-1:00 Thursday 29th 12:15-1:00

July –

Monday 10th 12:15-1:00 Thursday 13th 12:15-1:00 Monday 17th 12:15-1:00 Thursday 20th 12:15-1:00 Monday 24th 12:15-1:00 Monday 31st 12:15-1:00

August -

Thursday 3rd 12:15-1:00 Monday 7th 12:15-1:00

\$240.00

On & Off-Ice Sessions
Payable to:
Lightning Booster Club (LBC)

*Lightning Summer Tourney

July 14th-16th

*returning playoff roster first opportunity

Ice Schedule

JUNE - Hodgins-Berardo Arena

Tuesday **June 13** — 6:30-7:30pm Thursday **June 15** — 6:30-7:30pm Friday **June 16** — 3:30-4:30pm

Tuesday **June 20** — 6:30-7:30pm Thursday **June 22** — 6:30-7:30pm Friday **June 23** — 3:30-4:30pm

Tuesday **June 27** — 6:30-7:30pm Thursday **June 29** — 6:30-7:30pm

JULY - Hodgins-Berardo Arena

Monday **July 10** — 1:45-2:45pm Tuesday **July 11** — 1:45-2:45pm Thursday **July 13** — 1:45-2:45pm

Monday **July 17** — 1:45-2:45pm Tuesday **July 18** — 1:45-2:45pm Thursday **July 20** — 1:45-2:45pm

Monday **July 24** — 1:45-2:45pm Tuesday **July 25** — 1:45-2:45pm Thursday **July 27** — 1:45-2:45pm

Questions?

Brad Hyduke 218-213-6338 bhyduke@isd318.org

VENMO QR Code or mail Check (to LBC) & Camp Waiver to:

35634 Johnson Lane Cohasset, MN 55721

Lisa Carsrud



venmo

Player Name:			
Address:			

Parent Phone #

Athlete Phone #

Date: _

Emergency Contact # Medical Insurance Co: Policy # Physician Name:

*RELEASE OF LIABILITY: I understand that participation and/ or observation of the sport of hockey constitutes a risk of serious injury, including permanent paralysis or death. I have read this waiver and knowingly recognize, accept, and assume the mentioned risk. I release all personnel of any liability for claims, accidents, injury or loss resulting from participation in the Lightning Booster Club sponsored hockey training.

Parent Signature:	