

# HIGH SCHOOL/ 15U



SUMMER

# 2018

HOCKEY  
TRAINING

June 19<sup>th</sup> – August 20<sup>th</sup>

- On-Ice Skill Development
- **Edgework Power Skating w/ Coach Shermoen**
- Home Summer Tournament
- **Bike & Yoga @ The Center**



## Bike & Yoga Strength Training

June:

Tues 19<sup>th</sup>, Thurs 21<sup>st</sup>, Tues 26<sup>th</sup>, Thurs 28<sup>th</sup>

July:

Tues 10<sup>th</sup>, Thurs 12<sup>th</sup>, Tues 17<sup>th</sup>, Thurs 19<sup>th</sup>  
Tues 24<sup>th</sup>, Thurs 26<sup>th</sup>, Tues 31<sup>st</sup>

August:

Thurs 2<sup>nd</sup>, Tues 7<sup>th</sup>, Thurs 9<sup>th</sup>

10:00-11:00am

**\$280.00**

**\$250 if registered by June 8<sup>th</sup>**  
*Payable to Lightning Booster Club*

## Lightning Summer Tourney

July 20<sup>th</sup> – 22<sup>nd</sup>

## Schedule - IRA Civic Center

Sunday **July 8** — 8:40-9:50pm (Power Skate)  
Tuesday **July 10** — 11:40-12:40  
Thursday **July 12** — 11:40-12:40

Sunday **July 15** — 8:40-9:50pm (Power Skate)  
Tuesday **July 17** — 11:40-12:40  
Thursday **July 19** — 11:40-12:40

Sunday **July 22** — 8:40-9:50pm (Power Skate)  
Tuesday **July 24** — 11:40-12:40  
Thursday **July 26** — 11:40-12:40

Sunday **July 29** — 8:40-9:50pm (Power Skate)  
Tuesday **July 31** — 11:40-12:40

Monday **August 6** — 8:40-9:50pm  
(Power Skate & Scrimmage)

Monday **August 13** — 8:40-9:50pm  
(Power Skate & Scrimmage)

Monday **August 20** — 8:40-9:50pm  
(Power Skate & Scrimmage)

Visit the Lightning online:

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

[twitter.com/grglighting](https://twitter.com/grglighting)  
[facebook.com/grglighting](https://facebook.com/grglighting)



Player Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_ Emergency Contact #: \_\_\_\_\_

Medical Insurance Co: \_\_\_\_\_ Policy #: \_\_\_\_\_

Physician Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

*\***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, injuries or losses resulting from participation in the Lightning Booster Club sponsored hockey training.*

parent/ guardian signature: \_\_\_\_\_ date: \_\_\_\_\_

**COMPLETE WAIVER AND MAKE CHECK OUT TO LIGHTNING BOOSTER CLUB (LBC)**

**MAIL TO: 35634 Johnson Lane Cohasset, MN 55721**

*meet the registration deadline and SAVE!*

## QUESTIONS ?

**CONTACT:**

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