

# HIGH SCHOOL/15U



# SUMMER 2019 LIGHTNING TRAINING

June 18<sup>th</sup> – August 13<sup>th</sup>

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

**\$260.00**  
*\$230 if registered by June 7<sup>th</sup>*  
*Payable to Lightning Booster Club*

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**Lightning Summer Tourney**  
 July 26<sup>th</sup>–28<sup>th</sup>



## Bike & Yoga Strength Training

June:

Thurs 20<sup>th</sup> 1:45-2:45pm  
 Tues 25<sup>th</sup> 1:45-2:45pm  
 Thurs 27<sup>th</sup> 1:45-2:45pm

July:

Mon 8<sup>th</sup> 1:45-2:45pm  
 Thurs 11<sup>th</sup> 1:45-2:45pm  
 Mon 15<sup>th</sup> 1:45-2:45pm  
 Thurs 18<sup>th</sup> 1:45-2:45pm  
 Mon 22<sup>nd</sup> 1:45-2:45pm  
 Thurs 25<sup>th</sup> 1:45-2:45pm

## Ice Schedule B/Y = Bike/Yoga @ Center

### JUNE – Hodgins-Berardo Arena

Tuesday **June 18** — 6:30-7:40pm  
 Thursday **June 20** — 6:30-7:40pm B/Y: 1:45

Tuesday **June 25** — 7:30-8:30am (Pwr Skt) B/Y: 1:45  
 Thursday **June 27** — 7:30-8:30am (Pwr Skt) B/Y: 1:45

### JULY – IRA Civic Center

Monday **July 8** — 12:20-1:20pm B/Y: 1:45  
 Tuesday **July 9** — 7:30-8:30am (Pwr Skt)  
 Thursday **July 11** — 12:20-1:20pm B/Y: 1:45

Monday **July 15** — 12:20-1:20pm B/Y: 1:45  
 Tuesday **July 16** — 7:30-8:30am (Pwr Skt)  
 Thursday **July 18** — 12:20-1:20pm B/Y: 1:45

Monday **July 22** — 12:20-1:20pm B/Y: 1:45  
 Tuesday **July 23** — 7:30-8:30am (Pwr Skt)  
 Thursday **July 25** — 12:20-1:20pm B/Y: 1:45

Tuesday **July 30** — 7:30-8:30am (Pwr Skt)

### August – IRA Civic Center

Wednesday **August 7** — 7:30-8:30am (Pwr Skt)  
 Tuesday **August 13** — 7:30-8:30am (Pwr Skt)

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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