

# Rochester Girls Hockey Spring Skills Development Sessions 2007

Many of our players go to hockey camps during the summer months after several months of being away from hockey. Their skills are rusty and they spend the first few days trying to regain their hand and feet skills when they should be learning new methods and improving existing skills. Another common occurrence during summer hockey clinics is foot blistering due to foot growth and the unexpected need for new skates. Other players join AAA or Showcase leagues and continue to play hockey but do not participate in other spring sports that would improve their overall athleticism.

The goal of the spring skills development sessions is to keep our players on the ice for approximately one day per week from April 7-June 10 which will allow them to participate in Soccer, Volleyball, Softball or other spring activities. They will be done in time for summer vacations, summer hockey camps, weekends at the lake etc. We will not have ice during Memorial weekend or during the Rochester Figure Skating show weekend.

The sessions will focus on power skating and edgework, stick handling, passing and shooting. We may also perform some of the basic skills tests developed by Minnesota Hockey to measure the player's speed and to assess improvement.

To maximize repetitions and puck touches we will utilize multiple stations and small area games. Small area games develop confidence in confined spaces and teach players how to triangulate to support the puck carrier. Full ice scrimmage situations may be used on a limited basis depending upon the number of participants attending a given session so that we don't have girls watching rather than participating.

All session will be held at the Recreation Center rinks. The schedule is on the second page of this form. Group 1 is intended for younger players born after July 1, 1995, or novice players with minimal experience. Group 2 is intended for older players born before June 30 1995. If you have concerns regarding which group you should be skating in or any other questions please contact Mike McCormack at 285-5019 or by emailing mac15hockey@hotmail.com.

Cost is \$85. Make Checks payable to Mike McCormack

These sessions are not affiliated with RYHF or RYHA. By registering for these sessions you understand that participating in hockey has certain risks. We can not be held responsible for injury and/or loss of property suffered by a participant in the skills development sessions.

Please try to register before March 30<sup>th</sup>. Please tape your name on the front of your helmet.

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To register, detach this portion and send to:

Rochester Girls Hockey Spring Skills Development  
c/o Mike McCormack  
1848 Bear Ridge Ln SE  
Rochester, MN 55904

\$85 payable to Mike McCormack

Participant Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_  
Home Address: \_\_\_\_\_ Phone: \_\_\_\_\_  
Parents Names: \_\_\_\_\_ Cell: \_\_\_\_\_  
Preferred Position: \_\_\_\_\_ email: \_\_\_\_\_

## Schedules

### Group 1 (7-11 year olds and novices)

Tuesday	April 10 <sup>th</sup>	7:45-8:45	Rec South
Saturday	April 14 <sup>th</sup>	5:15-6:15 *	Rec North
Saturday	April 28 <sup>th</sup>	5:30-6:30 *	Rec South
Sunday	April 29 <sup>th</sup>	11:45-12:45	Rec North
Saturday	May 5 <sup>th</sup>	5:15-6:15 *	Rec North
Monday	May 7 <sup>th</sup>	6:00-7:00	Rec South
Saturday	May 12 <sup>th</sup>	5:30-6:30 *	Rec South
Monday	May 14 <sup>th</sup>	6:00-7:00	Rec South
Tuesday	May 29 <sup>th</sup>	6:30-7:30	Rec South
Sunday	June 3 <sup>rd</sup>	4:30-5:30**	Rec South
Sunday	June 10 <sup>th</sup>	4:30-5:30**	Rec South

### Group 2 (12-17 year olds)

Saturday	April 7 <sup>th</sup>	5:30-6:30	Rec South
Saturday	April 14 <sup>th</sup>	5:45-6:45 *	Rec North
Monday	April 23 <sup>rd</sup>	8:00-9:00	Rec North
Saturday	April 28 <sup>th</sup>	6:00-7:00 *	Rec South
Saturday	May 5 <sup>th</sup>	5:45-6:45 *	Rec North
Saturday	May 12 <sup>th</sup>	6:00-7:00 *	Rec South
Sunday	May 13 <sup>th</sup>	4:30-5:30	Rec South
Tuesday	May 22 <sup>nd</sup>	6:30-7:30	Rec South
Sunday	May 20 <sup>th</sup>	4:30-5:30	Rec South
Sunday	June 3 <sup>rd</sup>	4:30-5:30**	Rec South
Sunday	June 10 <sup>th</sup>	4:30-5:30**	Rec South

\* For these shared ice sessions, group 1 will skate by itself for the first half hour, both groups will share the next half hour and then group 2 will skate by itself for the last half hour. Note that the start and finish times are listed differently in group 1 and group 2 schedules.

\*\* The last 2 ice sessions (June 3<sup>rd</sup> and June 10<sup>th</sup>) are shared with both groups attending for the entire hour.

Please tape your name to the front of your helmet!