



2009 Coon Rapids Summer



Cardinal Mite Camp

What: Focus on fundamentals of hockey with 45 minutes of skills and drills and 15 minutes of small ice games instructed by Coon Rapids Youth Hockey Coaches. We will focus on overall improvement while making the camp both fun and challenging. All players will skate together during individual skills and then be placed into groups by skill level for the games and team skills. 21 hours of on ice training and 5 Dryland sessions.

When: Tuesdays 7/21, 7/28, 8/4, 8/11, 8/18, 8/25, 9/8, 9/15, 9/22, 9/29 (Times: 6:00-7:00)
and 9/1 (Time: 7:10-8:10)
Thursdays 7/23, 8/6, 8/20 (Times: 6:00-7:00) and 9/3, 9/17 (Times: 7:10-8:10)
Sundays 8/2, 8/16, 8/30, 9/13, 9/27 (Times: 3:40-4:40)
(Dryland to follow Sundays at Training Center 5:00-5:30)

Where: Cook Ice Arena – Coon Rapids

Cost: \$125 for returning mite players
Goalies receive a \$50 discount (No goalie specific training)
Second family member receives a \$25 discount
All participants receive a Coon Rapids Hockey Camp T-Shirt
Each session is limited to 35 skaters – (Camp Questions; please contact: Wendell Ball at 763-458-5608 or wylee99@msn.com)

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Player Name: _____ Level of Play for 08/09 Season: A mite B mite C mite

Address: _____ City: _____ State: _____

Date of Birth: _____ Home Phone: _____ Cell Phone: _____

Email Address: _____ T Shirt Size (circle one): YS YM YL AS AM

I give my son permission to participate in this hockey camp. I understand that there is a risk involved of potential injury. I agree not to hold Cook Arena, City of Coon Rapids, Coon Rapids Youth Hockey Association, the Cardinal Mite Camp and the coaches or the organizers of this camp liable for any injuries that may occur.

Parent of Guardian Name _____ Signature: _____

Please make checks payable to CRYHA and mail form and check by 7/1/2009 to:

Cardinal Mite Camp 1837 131st Lane NW Coon Rapids, MN 55448

A \$75 deposit will reserve your spot. Balance due on the first day of the camp.

