

# River Lakes Stars Hockey Fall Camp

PRE-SEASON CLINICS  
ONE FEE COVERS ALL

## Skills Clinic

## Power Skating

## Shooting

### WEEK 1 at the Koronis Civic Arena in Paynesville

#### Monday Sept 29

Mites/Squirts/ G10U/G12U  
6:00-7:15pm

#### Tuesday Sept 30

Mites/Squirts/G10U/G12U  
6:00-7:15pm

#### Thursday Oct 2

Mites/Squirts/G10U/G12U  
6:00-7:15pm

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PeeWee/Bantam/G14U  
7:30-8:45pm

PeeWee/Bantam/G14U  
7:30-8:45pm

PeeWee/Bantam/G14U  
7:30-8:45pm

### WEEK 2 at the River Lakes Arena in Richmond

#### Sunday Oct 5

Mites/Squirts/G10U/G12U  
3:00-4:15pm

#### Monday Oct 6

Mites/Squirts/G10U/G12U  
6:00-7:15pm

#### Tuesday Oct 7

Mites/Squirts/G10U/G12U  
6:00-7:15pm

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PeeWee/Bantam/G14U  
4:30-5:45pm

PeeWee/Bantam/G14U  
7:30-8:45pm

PeeWee/Bantam/G14U  
7:30-8:45pm

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Checks payable to :  
RIVER LAKES STARS CLINIC.  
Fee: \$60.00.



River Lakes  
Stars  
Fall Camp  
2008

September 29, 30 & October 2  
Paynesville Arena



October 5, 6, 7  
Richmond Arena

# River Lakes Skills Clinic

AT THE PAYNESVILLE ARENA

September 29, 30, & October 2

## Skills Clinic

The skills clinic is designed to improve the fundamental hockey techniques for the serious player. The program will work through specific skill areas: Push and Recovery, Technique, Knee Bend, Weight Shift, and Balance. All of this is designed to provide for:

**Powerful Acceleration & Explosive Strides**

**Edge Control & Agility**

**Forward & Backward Speed**

**Quick Stops**

**Shooting**

**Passing & Puck Control**



The pre-season fall clinic will prepare each skater for their team tryouts.

### **Times:**

Mites/Squirts/G10U/G12U—6:00-7:15pm

PeeWee/Bantam/G14U—7:30-8:45pm

### AT THE RICHMOND ARENA

October 5, 6, 7

### **Times:**

#### October 5:

Mites/Squirts/G10U/G12U—3:00-4:15pm

PeeWee/Bantams/G14U—4:30-5:45pm

#### October 6 & 7:

Mites/Squirts/G10U/G12U—6:00-7:15pm

PeeWee/Bantams/G14U-7:30-8:45pm

The River Lakes Skills clinic will review attained skills previously taught: Push and Recovery, Technique, Knee Bend, and Weight Shift and Balance. This clinic will also work on stick handling and shooting. Players will learn the fundamentals of different positions and skills required for each position. Players will participate in small groups and stations.



### **TO REGISTER:**

1. Complete this form and send with payment to: River Lakes Fall Camp, PO Box 113, New London, Mn 56273
2. OR bring form and payment to registration.

WE WOULD APPRECIATE REGISTRATIONS IN BY WEDNESDAY, SEPTEMBER 24, 2008 TO ENABLE US TO GET A HEAD COUNT OF PLAYERS PARTICIPATING IN THE CLINIC. THANK YOU.

Name \_\_\_\_\_

Address \_\_\_\_\_

Township \_\_\_\_\_

Hockey level/grade/birthdate \_\_\_\_\_

Parents names \_\_\_\_\_

Parents phone numbers: home/cell \_\_\_\_\_

Parents email address \_\_\_\_\_

Health Insurance Co. & Policy # \_\_\_\_\_

If you have any questions, please call:

Jeff Boonstra at 320 979 2496 or Annie Larson at 320 905 0366.

I hereby acknowledge that my child is medically fit to participate in hockey camp. I authorize the director to secure any medical treatment deemed necessary and waive and release the camp from any and all liability for any injuries.

Parent/Guardian Signature \_\_\_\_\_

**PRE-SEASON CLINICS  
ONE FEE COVERS ALL SESSIONS.**