

**Registration Form – Due MAY 1:**

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

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

\_\_\_\_\_

\_\_\_\_\_

Birthdate: \_\_\_\_\_

Phone #1: \_\_\_\_\_

Phone #2: \_\_\_\_\_

Insurance Company: \_\_\_\_\_

Insurance number: \_\_\_\_\_

\_\_\_\_\_

Team placement 09-10: \_\_\_\_\_

Grade level for 2010-2011 school year: \_\_\_\_\_

HS Session \_\_\_\_\_ U14 Session \_\_\_\_\_

**Waiver:**

By signing below I hereby state that I will not hold the Centennial Sports Arena or the coaching staff of *The Mike Diggins Cougar Girls Hockey STP* liable for injuries or illnesses sustained in *The Mike Diggins Cougar Girls Hockey STP*. I also realize that the staff of the *The Mike Diggins Cougar Girls Hockey STP* may have to act in a medical emergency concerning my child. I give my permission for them to do so.

Parent signature \_\_\_\_\_

**COUGAR GIRLS STP**  
**MISSION STATEMENT:**

*As teachers and future coaches for Centennial Girls Hockey Players, we have a vested interest in their well being. Our instructors take the time to get to know the girls individually and start a relationship that will be strengthened throughout their academic and playing careers.*

*The CHS girls hockey team has a strong tradition and this camp will reinforce the skills, attitude, and concepts needed to make Centennial a perennial state power. Current captains and current college players from CHS will assist in the camp as instructors and role models for your daughter.*

*Affordability is always a concern for us. We want to give all girls the opportunity to experience the great sport of hockey at our camp.*

Thank you for your continued support!

**COUGAR GIRLS HOCKEY**

**SUMMER**

**TRAINING**

**PROGRAM**

**HIGH SCHOOL SESSION**  
**U14 SESSION**



**SUMMER 2010**

**Conference Championships**

2003-2004

2005-2006

2006-2007

2007-2008

2008-2009

**Section Champion**

04-05 and 07-08

**State Consolation**

**Champion**

2004-2005



### **On Ice Training:**

There will be 15 sessions during the months of June and July.

The Centennial High School coaches and other guest instructors will be on the ice teaching the following individual skills: *skating stride, posture, edge work, and technique; over-speed training; puck control; shooting; and passing.*

Besides skill-work, the participants will be learning *offensive and defensive concepts* through small area games and drills.

### **Dry-land Training:**

We will incorporate shooting and stick-handling drills off the ice so that the girls will be able to do these on their own throughout the year.

Please have your daughter bring a *back-up stick* and *running/tennis shoes* to the dry-land session.

The girls will also be doing *skating specific* strength training, yoga, plyo-metrics, speed training, and agility drills. These will be led by Katy Domschot, a middle school teacher and certified aerobics / strength training / yoga instructor at *Lifetime Fitness*.

### **Dates:**

**June: 11, 15, 17, 21, 23, 25, 29**

**July: 8, 12, 14, 16, 20, 22, 26, 28**

### **ICE and DRY-LAND TIMES:**

**U14: Ice from 9:45 – 11:00 AM**

**Dry-land from 8:30 – 9:30 AM**

**High School: Ice from 8:00-9:30 AM**

**Dry-land from 9:45 – 10:45 AM**

**COST: Goalies subtract \$100**

**U14: 18.75 hours of ice-time, 15 hours of dry-land, t-shirt, and jersey \$295**

**HS: 22.5 hours of ice-time, 15 hours of dry-land, t-shirt, and jersey \$315**

**Make check out to Mike Diggins and send with registration by May 1 to:**

**Mike Diggins**

**2269 135th Avenue**

**Andover, MN 55304**

### **DIRECTORS**

**MIKE DIGGINS:**

**CHS HEAD COACH**

**763-754-8712**

**MARK DOMSCHOT:**

**CHS FORWARD COACH**

### **OTHER INSTRUCTORS:**

**PAUL WIEHE:**

**CHS DEFENSE COACH**

**MATT TEMBREULL:**

**CHS JV COACH**

**KATY DOMSCHOT:**

**DRY-LAND COACH**

**MARK BARRETT:**

**CHS GOALIE COACH**

---

*Our staff is unique that it not only has four instructors with middle and high school licenses, but also five instructors with Masters Degrees in Education.*

*Most hockey camps can boast instructors with coaching experience, but ours not only has 60 years of high school coaching experience, but over 60 years of teaching experience as well. Feel confident that you are leaving your child in a safe and nurturing environment that will enhance their ability to master new skills and learn the great sport of hockey!*

**Other Instructors:**

**\*\*Current Division I and III players**