



SUMMER HOCKEY PROGRAM

DRYLAND – PERFORMANCE TRAINING

Varsity, JV, Bantam and Peewee hockey players are all encouraged and welcome to participate in the performance training.

The training sessions will be at [Lourdes High School](#), which is located 2800 19th ST NW, Rochester, MN.

JUNE 9 - AUGUST 13

Sessions will be led by Eric Hofmann
Monday and Wednesday mornings
9:00-10:00am.

The cost is \$115/athlete – payable to Performance Training
\$119.24 (online)

Athlete registration

- * Each athlete must [register online at PT LHS Hockey](#) using the link provided
Consent also included in the online registration.
- * Payment is available/preferred online (\$4.24 Surcharge will be applied)

Registration & Payment Due by April 30th

Eric Hofmann
Sports Trainer
Performance Training

