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# LOURDES SUMMER PROGRAM

Pee wee – Bantam – JV – Varsity

We are very excited about our summer program which consists of 3 components – On-ice training, treadmill sessions, and dry-land training. We’ve made every effort to train effectively while at the same time keep costs reasonable. We encourage you to participate in all three portions of the summer program (to maximize benefits). We know the summer months get very busy, so we also invite you to tailor/combine these options to what works best for your player and your family. We have a great group of returning hockey players and a talented group of bantams coming up. We intend to HAVE FUN WHILE WE WORK HARD both on and off the ice this summer. We are very excited about the upcoming season and can’t wait to get started. GO EAGLES!

ON-ICE TRAINING	FOR	COST
<b>JUNE 2 – JULY 23</b> Mon, Wed   5:00 – 6:15pm   Led by Josh Spaniol – Head Coach <b>at Rec Center – South rink</b> <b>TO REGISTER –</b> send email to Coach Spaniol send check to Coach Spaniol	2014-15 Bantams JV and Varsity	<b>\$175</b> payable to: Josh Spaniol <i>Send Summer Ice checks to:</i> <i>Josh Spaniol</i> 2401 16th Ave NW Rochester, MN 55901
TREADMILL SESSIONS	FOR	COST
<b>JUNE 10 – AUGUST 14</b> Tuesday, Thursday   1 hr sessions   4 Groups A: 7:45a   B: 8:50a   C: 9:55a   D: 11:00a Led by Mike Aikens, Hockey Trainer <b>At Olmsted Sports Med Facility –</b> <b>TO REGISTER –</b> send email to Coach Spaniol fill out <a href="#">Player Profile online</a> & send consent & check to Coach Spaniol	2014-15 Pee wee Bantams JV and Varsity	<b>\$400</b> payable to: Josh Spaniol <i>Send Treadmill checks to:</i> <i>Josh Spaniol</i> same address as above <b>Registration &amp; Payment</b> <b>due by April 30th</b>
DRYLAND TRAINING	FOR	COST
<b>JUNE 9 – AUGUST 13</b> Monday, Wednesday   9-10:00am   Led by Eric Hofmann, Sports Trainer <b>Performance Training</b> <b>At Lourdes High School</b> <b>TO REGISTER –</b> send email to Coach Spaniol <a href="#">Register online - includes consent</a> & pay online or send check to Coach Spaniol	2014-15 Pee wee Bantams JV and Varsity	<b>\$115 /athlete (\$119.25 online)</b> payable to: Performance Training <i>Send PT checks to:</i> <i>Josh Spaniol</i> same address as above <b>Registration &amp; Payment</b> <b>due by April 30th</b>

If you have any questions please feel free to contact me. Make it a great day.

**Josh Spaniol**

(507) 319-0326

[jspaniol@rochestercatholic.k12.mn.us](mailto:jspaniol@rochestercatholic.k12.mn.us)

[jspan19@yahoo.com](mailto:jspan19@yahoo.com)



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## ON-ICE TRAINING

Varsity, JV, Bantam hockey players are all encouraged and welcome to participate in the on-ice hockey training.

The on-ice sessions will be

**JUNE 2 – JULY 23**

Sessions will be held Monday and Wednesday evenings  
from 5:00 – 6:15pm  
at the **Recreation Center (south rink)**

The cost is \$175/athlete – payable to Josh Spaniol  
2401 16th Ave NW  
Rochester, MN 55901

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### Athlete registration

- \* Send email to Coach Spaniol
- \* Send check to Coach Spaniol

If you have any questions please feel free to call. Thanks!

Josh Spaniol  
[jspan19@yahoo.com](mailto:jspan19@yahoo.com)  
[jspaniol@rochestercatholic.k12.mn.us](mailto:jspaniol@rochestercatholic.k12.mn.us)  
(507) 319-0326  
*Head Coach* –  
LHS Hockey





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## TREADMILL

Varsity, JV, Bantam and Pee wee hockey players are all encouraged and welcome to participate in the Treadmill training.

The treadmill sessions will be at the [Olmsted Medical Center-Sports Medicine and Athletic Performance facility](#), which is located at 5155 55th St NW, Rochester, MN.

### JUNE 10 - AUGUST 14

Sessions will be held Tuesday and Thursday mornings. There will be four different group sessions. Players will be in groups of 8-10 athletes. The sessions will last one hour.

Group 1	7:45am - 8:45am
Group 2	8:50am - 9:50am
Group 3	9:55am - 10:55
Group 4	11:00am - 12:00pm

Players should bring helmet, gloves, shin pads, stick & water bottle to all sessions.

The cost is \$400/athlete – payable to Josh Spaniol  
2401 16th Ave NW  
Rochester, MN 55901

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### Athlete registration

- \* Send email to Coach Spaniol
- \* [complete a player profile](#) (use the link provided) for each athlete  
Click on the **My Info tab**, complete the required fields, and hit send
- \* Each player must complete the attached [consent form](#).  
If an athlete is not 18 years of age the consent form must be signed by a parent.
- \* Send check and consent to Coach Spaniol

### Registration & Payment Due by April 30th

If you have any questions please feel free to call. Thanks!

Mike Aikens and Steve Nelson  
(507) 535-1977

*Skating and Hockey Trainers*

Olmsted Medical Center-Sports Medicine and Athletic Performance  
5155 55th St NW, Rochester, MN





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## DRYLAND – PERFORMANCE TRAINING

Varsity, JV, Bantam and Pee wee 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)

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### Athlete registration

- \* Send email to Coach Spaniol
- \* [register online at PT LHS Hockey](#) (use the link provided)  
*Consent also included in the online registration.*
- \* Payment online (\$4.24 Surcharge will be applied) or  
Send check to Coach Spaniol

### Registration & Payment Due by April 30th

Eric Hofmann  
*Sports Trainer*  
Performance Training

