

## **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

## Athlete registration

\* Send email and check Josh Spaniol

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

Josh Spaniol
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(507) 319-0326 *Head Coach* —
LHS Hockey

