



SUMMER HOCKEY PROGRAM

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

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

