



SOLID GOLD Hockey
presents **MONDAY EVENING**

2010 Girls High School Hockey Prep Program
with *Pat Michaud, Head Hockey Coach - St .Bens*

The Program

If you are interested in getting a head start on the high school hockey season, make plans to attend Solid Gold Hockey's high school, fall training sessions. This program will focus on high intensity skating along with skill and player development for all players including goalies. Lead instruction will be conducted by Solid Gold Hockey Director and Head Coach of the St. Ben's Women's Hockey program, Pat Michaud and several of his players. Coach Michaud will use some of his unique drills and techniques to prepare these skaters for the hockey season in a FUN and fast paced environment.

Sessions are open to all players in 9-12 grade during the 2010-11 High School hockey season.

Session Information - Cost \$120.00

Times are listed below. -- Make Checks Payable to MAC

<u>Date</u>	<u>Item</u>	<u>Description</u>	<u>Begin</u>	<u>End</u>	<u>Arena</u>
Mon, Sep 13, 2010	<i>Solid Gold</i>	Girls High School Prep	8:15 Pm	9:45 Pm	Ritsche
Mon, Sep 20, 2010	<i>Solid Gold</i>	Girls High School Prep	7:45 Pm	9:15 Pm	Ritsche
Mon, Sep 27, 2010	<i>Solid Gold</i>	Girls High School Prep	9:00 Pm	10:30 Pm	Ritsche
Mon, Oct 4, 2010	<i>Solid Gold</i>	Girls High School Prep	9:15 Pm	10:45 Pm	Torrey
Mon, Oct 11, 2010	<i>Solid Gold</i>	Girls High School Prep	8:15 Pm	9:45 Pm	Torrey
Mon, Oct 18, 2010	<i>Solid Gold</i>	Girls High School Prep	8:45 Pm	10:15 Pm	Ritsche

Solid Gold Girls Monday H.S. Hockey Prep

Skater's Name: _____ **Age:** _____

Address: _____

City: _____ **State:** _____ **Zip Code:** _____

Parent's Name: _____ **Email:** _____