

2010 Solid Gold "Puck-on-a-Stick"

TEAM CAMPS

4 ON 4 DEVELOPMENTAL LEAGUE

"Solid Gold" 4 on 4 Developmental League will run 5 weeks, June 7 - July 16. The league's purpose is to provide players 11-14 years of age with a competitive, learning atmosphere which will improve players' skills and enjoyment of the game. Each session will be an hour and a half in length. The first part of the session will be devoted to development using small area games and other drills that will help with improving skaters quickness of feet, hand and thinking skills. The remaining portion will be 4 on 4 play, emphasizing fast-paced, free-wheeling and creative team play. The league will be minimal contact with no checking. This will insure continuous flow of play and playmaking. There will be four teams with a maximum of 16 skaters per team.

* Games will be played from 12:45 - 2:15 p.m. Monday - Friday - Teams will play 2 - 3 times per week.

* Each team will skate 12 sessions. *Cost of the league is \$175.00*

(A jersey will be provided)

**Due to the 4th of July Holiday
NO League Play July 5 - 9**

* **Goalies that register for the GOALIE CAMP may play in our 4 ON 4 LEAGUE for \$50.00 — Max. of 8 goalies for the league***

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DEVELOPMENTAL CAMPS

As the sport of ice hockey has evolved over the years, so has our "Puck-on-a-Stick" Hockey Camps. The days of long lines with end to end skating drills, doing countless repetitions are gone and have been replaced with more productive skill sets and small area games that will create better hockey players. Every 1 hour and 15 minute session will be filled with drills geared towards challenging each skater and having that skater use these skills within game type situations. The goals for these camps are to enhance a player's skating, puck handling, passing and shooting skills all in a fast paced and **FUN** environment.

(Skaters in multiple Developmental Camps will just receive 1 jersey for the Camps)

Cost for each of these camps is \$105.00—Maximum of 25 skaters per camp

Jr. Mite Camp	(5-7 year olds)	June	7—11	2:30 - 3:45 p.m.
Mite Camp	(7-9 year olds)	June	7—11	3:15 - 4:30 p.m.
Defensive Skills Camp	(11-14 year olds)	June	14—18	2:30 - 3:45 p.m.
Power Skating Camp	(11-14 year olds)	June	14—18	3:15 - 4:30 p.m.
Goalie Camp	(10-14 year olds)	June	21—25	2:30 - 3:45 p.m.
Shooter's Camp	(10-14 year olds)	June	21—25	3:15 - 4:30 p.m.
Squirt's Camp	(9-11 year olds)	June	28—July 2	2:30 - 3:45 p.m.
Mites Camp II	(7-9 year olds)	June	28—July 2	3:15 - 4:30 p.m.
Pee Wee / Bantam Camp	(11-14 year olds)	July	12—16	2:30 - 3:45 p.m.
Body Contact & Position Camp	(11-14 year olds)	July	12—16	3:15 - 4:30 p.m.
Girls Hockey Prep Camp	(10-13 year olds & 14-18 year olds)	Fridays	June 11— August 6	
No Skating July 2—Outdoor dry land training 8:15-8:45 am on ice 9:00-10:15 am				

The 1/2 hour of blended time will be designated to cross ice and small area games

Individuals registering for multiple Development Camps will receive a \$20 discount if registered before May 1, 2010 or a \$10 discount after May 1, 2010.

For more individual camp explanations, check out the web www.stcloudmac.com/acsolidgold.html.

3 on 3—(3) Day Event—August 17-19

"Solid Gold" would like to wrap up the summer and get everyone's fall season start with a 3 on 3, 3 day event. This promises to be a **FUN**, fast paced and great experience for all its participants. Individual sign ups only! Each day there will be different teams. **Cost is \$20 for skaters registered in any "Puck-on-a-Stick" camp or \$30 for skaters not registered in the camps. NO JERSEYS PROVIDED—PLEASE BRING A WHITE & COLORED JERSEY EACH DAY.**

1:15—2:30 pm	Peewee/Bantam	Maximum of 24 Skaters and 4 goalies
2:45—4:00 pm	Squirts	Maximum of 24 Skaters and 4 goalies
4:15—5:30 pm	Mites	Maximum of 24 Skaters and/or 4 goalies

The Solid Gold - "Puck-on-a-Stick" Philosophy

Welcome to the 15th Annual Central Minnesota's "Puck-on-a-Stick" Hockey Camps at the MAC! We are excited to announce some new improvements and events to our 2010 camp structure. We believe these enhancements will increase each camp's efficiency and enhance the players application of skills as they are learned. The improved format of "Puck-on-a-Stick" Hockey Camps will subscribe to the same core philosophies that we believe in and have taught for the last fourteen years with drills emphasizing skill development, creativity and time with the puck. Each camp will feature these learning skills during realistic, game speed situations, all without the fear of losing or the pressure of winning. The sessions will cater to the skills of the players participating and will allow them to compete at appropriate levels through the utilization of cross ice and small area games. These realistic game sessions will reinforce the skills and mechanics needed for the game of hockey, at the same time, allow players to experiment and enhance their creativity which is so important to having FUN while competing. It has always been the goal of "Puck-on-a-Stick" Hockey Camps to offer the best hockey camps in Central Minnesota at a value that everyone can appreciate. We really believe these enhancements to our 2010 camp structure along with our Professional teaching staff will provide summer camp memories you will surely come back for, year after year. We look forward to seeing you at our camps this summer.

2010 Solid Gold "Puck-on-a-Stick" Hockey Camps.
Pat Michaud—Solid Gold Hockey Camp Director



Pat Michaud -
Solid Gold Hockey— Director

Head Coach at the College of Saint Benedict since 2006, Pat Michaud leads the staff at the Solid Gold Hockey Camps. Michaud is a 1995 graduate of Hamline University, where he tended goal for the Pipers' hockey team. Michaud grew up in St. Cloud, attending Apollo High School where he helped the Eagles to a Central Lakes Championship in 1990. Before coming to Saint Benedict, he coached the boys' high school team at Mankato East High School where he led the Cougars to three

consecutive Section Championship games, and a berth in the State Tournament in 2006. Michaud has extensive hockey school experience currently including Minnesota Hockey Girls Advanced 15 Camp, National Development Program Evaluations, and Minnesota Hockey Dave Peterson Advanced Goaltender Camps.



Doug Schueller
Solid Gold Hockey
Associate Director

Head Coach at Saint John's University since 2008, Schueller returns to the Solid Gold Staff for a second year. He brings coaching experience from the NCAA Division I, serving as an assistant coach at Bowling Green where he also played. Before Bowling Green, Schueller coached the defense for the Sioux Falls Stampede of the USHL. His playing experience includes time in the ECHL and the AHL. He grew up in Inver Grove Heights, Minnesota and played his high school hockey at White Bear Lake.

Guest Instructors

Solid Gold Hockey is proud to announce the addition to its teaching staff of several current coaches from the Central Minnesota hockey community and former St. Cloud area stand-out players. These guest instructors will drop by and offer up some of their fine expertise in skill development and hockey knowledge which is the main focus of **Solid Gold Hockey**.

Eric Johnson: Head Coach, St. Cloud Cathedral Crusaders boy's hockey program.

Mark Chamernick: Head Coach, Ice Breakers High School girl's hockey program.

Peter Matanich: Head Coach, St. Cloud Apollo boy's High School hockey program.

Neil Andrushak: Head Coach, St. Cloud Tech High School boy's hockey program.

Ryan Hacker: Head Coach, Sartell High School boy's hockey program.

Brad Willner: Head Coach, Granite City Lumberjacks MJHL Junior "A" hockey program.

15th Annual Solid Gold



Puck-on-a-Stick Hockey Camps



JUNE 7 - JULY 16, 2010