The 2018 Summer Skating program at the MAC is back for its 25th year. Over the years, it has taken on a few new wrinkles but the emphasis on skill development, kids having FUN while they learn about this great game has always been a constant theme for all the summer camps. For 2018, we are working on emphasizing even more of the ON and OFF ICE skills part of the game. We are fortunate to have some of the best Instructors in the area teaching our summer campers again this year. Learn from professional instructors all the skills, drills and techniques needed to start mastering this great game. We look forward to seeing your skater at our camps this summer.

**SUMMER CAMP SCHEDULE**

**June 11-15** **SOLID GOLD**; Mite Camp, Squirt Camp & Mite/Squirt Shooter’s Camp

**July 30-August 3** **PREMIUM POWER SKATING**; 6-8yrs, 9-10yrs, 11-12yrs

**August 6-17** **K & PRE K HOCKEY SKATING**; 4-6yrs

**August 6-10** **SOLID GOLD**; Peewee/Bantam Shooters Camp, Goalie Camp, Stickhandling Camp, Defensive Skills Camp

**August 13-17** **PREMIUM POWER SKATING**; 6-8yrs, 13-15yrs

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**Solid Gold Hockey**

“Puck-on-a-Stick” hockey camps with a Focus on Skill Development and having FUN

**Off Ice Training**

Off ice stick handling, shooting and training drills, techniques with aerobic training

**K & Pre K Hockey Program**

Intro to Basic Hockey and skating skills for ages 4-6

**Premium Power Skating**

Power Skating Clinics for ages 6-15

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5001 Veterans Drive
St. Cloud, MN 56303
(320) 255-7223 www.stcloudmac.com
Focus Camps

As the sport of ice hockey has evolved over the years, so have our “Puck-on-a-Stick” Hockey Camps. For 2018, we are excited to once again bring together many of the best hockey coaches in Central Minnesota to lead our summer Solid Gold and Premium Power Skating Camps at the MAC. The days of long lines with end to end skating drills and doing countless repetitions are gone. Today’s hockey is more about productive skill sets and small area games that will create better hockey players. Every session will be filled with drills and skills geared towards challenging each skater and having them 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.

Maximum of 30 skaters per session. Each Camp is $125.00. Off Ice for each Camp is $35.

<table>
<thead>
<tr>
<th>CAMP</th>
<th>AGES</th>
<th>CAMP DATES</th>
<th>*OFF ice session</th>
<th>*ON ice TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mite Camp</td>
<td>(7-8 year olds)</td>
<td>June 11-15</td>
<td>3:30-4:00 pm</td>
<td>2:00-3:15 pm</td>
</tr>
<tr>
<td>Mite/Squirt Shooters Camp</td>
<td>(7-10 year olds)</td>
<td>June 11-15</td>
<td>2:45-3:15 pm</td>
<td>3:30-4:45 pm</td>
</tr>
<tr>
<td>Squirt Camp</td>
<td>(9-10 year olds)</td>
<td>June 11-15</td>
<td>4:00-4:30 pm</td>
<td>5:00-6:15 pm</td>
</tr>
</tbody>
</table>

*Shooters Camp                      | (9-13 year olds)      | August 6-10| 3:00-3:30 pm     | 1:30-2:45 pm |
*Goalie Camp                        | (9-13 year olds)      | August 6-10| 3:45-4:15 pm     | 2:15-3:30 pm |
Stickhandling Camp                  | (9-13 year olds)      | August 6-10| 3:00-3:30 pm     | 3:45-5:00 pm |
Defensive Skills Camp               | (9-13 year olds)      | August 6-10| 4:15-4:45 pm     | 5:15-6:30 pm |

*Off ice sessions are not required, you may purchase any of the camps with or without the additional training sessions.
*The Shooters and Goalie Camp overlap to allow for better learning for both groups.

Optional Off Ice Training Package Information

The 2018 Solid Gold Hockey Camps and the Premium Power Skating Camps will once again offer off ice training in conjunction to their on ice sessions. None of the Off Ice Sessions are required and can be purchased in addition to the regular camps. Off ice training includes: warm-up activities, strength building activities, shooting instruction, stick handling & passing drills.

All aspects of each player’s game will be examined. The player will have an opportunity to ask questions and work on specific parts of their game that needs THE MOST improvement. Players will then take that knowledge and work on those specific drills at home and during the next hockey season.

We look forward to seeing you this summer!
The “Premium Power Skating” program instructed by Dianah Klatt, is designed to improve skating skills for all hockey players. The program will work through specific skill areas such as; Push and Recovery, Technique, Knee Bend, Weight Shift and Balance. All of these are designed to provide for:

- Powerful Acceleration
- Explosive Strides
- Edge Control
- Agility
- Forward & Backward Speed
- & Quick Stops

Session 1     (6-8 year olds)        July 30 - August 3                   1:30-2:30 pm 2:45-3:15 pm
Session 2     (9-10 year olds)      July 30 - August 3                   2:45-4:00 pm 2:00-2:30 pm
Session 3     (11-12 year olds)     July 30 - August 3                   4:15-5:30 pm 3:30-4:00 pm
Session 4     (6-8 year olds)        August 13-17                       1:30-2:30 pm 2:45-3:15 pm
Session 5     (13-15 year olds)     August 13-17                       2:45-4:00 pm 2:00-2:30 pm

*Maximum of 30 skaters per session. All Skating Sessions 1 & 4 = $120.00. Sessions 2, 3 & 5 = $125.00
*Off ice sessions are optional, additional added cost of $35 for each Session.

The “Premium Power Skating” On Ice program will follow a process that will start with learning how to perform each skill element correctly. After building a strong foundation, the skaters will strive to add power, quickness and the ability to combine all of these skill elements while using a puck. The “Premium Power Skating” program will encourage skaters to improve their current skills, build new skills and achieve a higher level of confidence to play the game of ice hockey!

The “Premium Power Skating” Off Ice program will be conducted by Trois Rivieres training. The daily program will be an opportunity for the athletes to learn and utilize off ice exercises to strengthen the areas of skating skills covered during the on ice portion. Video analysis will be used to show areas of strength and weakness in each athlete. Athletes will also work on stickhandling and shooting along with some core strengthening.”
**K & Pre K Hockey Program**

**ABOUT THE PROGRAM**
The “K & Pre K” Hockey Program has been developed to introduce youngsters, ages 4 - 6, to the sport of hockey and the skills of skating. It may also serve to augment area Youth Hockey Associations, Jr. Mites and/or Learn to Skate Programs.

In a warm, friendly, yet challenging setting, the program will entertain and focus the attention of every youngster who will quickly begin to acquire the skills required to progress in the sport of hockey.

The MAC is proud to have Professional Skating Instructor Dianah Klatt to lead our K & Pre K Hockey Program. Dianah is also the Premium Power Skating instructor for the MAC and various other skating clinics in Central Minnesota. Dianah is a certified hockey skating instructor through the Professional Skaters Association.

**WHO IS ELIGIBLE**
Boys and girls, 4 to 6 years of age, that have an interest in skating and the sport of hockey. Skaters are encouraged to remain in the program for as long as possible prior to starting first grade. As each child is unique, only parents will be able to assess when their child has the independence and physical development to enroll.

**EQUIPMENT REQUIRED**
- Helmet with full face shield
- Ice skates
- Knee pads
- Elbow pads
- Jersey or sweatshirt (No jersey provided)
- Hockey gloves or mittens
- Breezers or sweatpants
- Hockey stick (preferred)

**SUMMER CAMP**

<table>
<thead>
<tr>
<th>SUMMER CAMP</th>
<th>AGES</th>
<th>CAMP DATES</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>(4-6 Beginner)</td>
<td>August 6-17, 2018</td>
<td>11:30-12:30 pm</td>
</tr>
<tr>
<td>Session 2</td>
<td>(4-6 Advanced)</td>
<td>August 6-17, 2018</td>
<td>12:15-1:15 pm</td>
</tr>
</tbody>
</table>

- "Beginners" are kids that have not been through the K & Pre-K program before or may have had one or two sessions.
- "Advanced Beginners" are kids that have been through the K & Pre-K program and feel pretty confident on their skates.
- A 15 minute overlap time will allow for FUN time Free play and specialized instruction... No Off Ice Training offered

**Cost for each of these Summer Camp programs is $125.00**

**FALL SESSION**

<table>
<thead>
<tr>
<th>FALL SESSION</th>
<th>AGES</th>
<th>CAMP DATES</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>(4-6 year olds)</td>
<td>September - October, 2018</td>
<td>TBD</td>
</tr>
</tbody>
</table>

*A complete listing of dates and times for the Fall Session will be available on August 6, 2018

**Cost of the Fall Evening Session is $135.00**
## Solid Gold Hockey (Focus & Development Camps)

<table>
<thead>
<tr>
<th>Camp</th>
<th>Cost with Off Ice Training</th>
<th>Cost with No Training</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mite Camp (June 11-15, 2:00-3:15 pm)</td>
<td>$160</td>
<td>$125</td>
<td></td>
</tr>
<tr>
<td>Mite/Squirt Shooters (June 11-15, 3:30-4:45 pm)</td>
<td>$160</td>
<td>$125</td>
<td></td>
</tr>
<tr>
<td>Squirt Camp (June 11-15, 5:00-6:15 pm)</td>
<td>$160</td>
<td>$125</td>
<td></td>
</tr>
<tr>
<td>Shooters Camp (Aug. 6-10, 1:30-2:45 pm)</td>
<td>$160</td>
<td>$125</td>
<td></td>
</tr>
<tr>
<td>Goalie Camp (Aug. 6-10, 2:15-3:30 pm)</td>
<td>$160</td>
<td>$125</td>
<td></td>
</tr>
<tr>
<td>Stickhandling Camp (Aug. 6-10, 3:45-5:00 pm)</td>
<td>$160</td>
<td>$125</td>
<td></td>
</tr>
<tr>
<td>Defensive Skills Camp (Aug. 6-10, 5:15-6:30 pm)</td>
<td>$160</td>
<td>$125</td>
<td></td>
</tr>
</tbody>
</table>

## K & Pre K Hockey Programs

<table>
<thead>
<tr>
<th>Session</th>
<th>Cost with Off Ice / No Ice</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1 (August 6-17, 11:30-12:30 pm) (Mon.-Fri.)</td>
<td>$125</td>
<td></td>
</tr>
<tr>
<td>Session 2 (August 6-17, 12:15-1:15 pm) (Mon.-Fri.)</td>
<td>$125</td>
<td></td>
</tr>
<tr>
<td>Fall Session Night (September/October Fridays/Saturdays)</td>
<td>$135</td>
<td></td>
</tr>
</tbody>
</table>

## Premium Power

<table>
<thead>
<tr>
<th>Session</th>
<th>Cost with Off Ice / No Ice</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1: 6-8 yrs. 1:30-2:30 pm; (7/30-8/3)</td>
<td>$155</td>
<td>$120</td>
</tr>
<tr>
<td>Session 2: 9-10 yrs. 2:45-4:00 pm; (7/30-8/3)</td>
<td>$160</td>
<td>$125</td>
</tr>
<tr>
<td>Session 3: 11-12 yrs. 4:15-5:30 pm; (7/30-8/3)</td>
<td>$160</td>
<td>$125</td>
</tr>
<tr>
<td>Session 4: 6-8 yrs. 1:30-2:30 pm; (8/13-8/17)</td>
<td>$155</td>
<td>$120</td>
</tr>
<tr>
<td>Session 5: 13-15 yrs. 2:45-4:00 pm; (8/13-8/17)</td>
<td>$160</td>
<td>$125</td>
</tr>
</tbody>
</table>

- **“Early Bird” Discount** of $10 will be applied (before May 7, 2018) to camp fees but each skater must register for more than one camp to get the discount.
- Refunds will be permitted until 30 days prior to the start of each camp. A service charge of $15.00 will be withheld on any refund.

### Notes

- By signing this form I hereby release the Municipal Athletic Complex (MAC), all Camp Instructors, the City of St. Cloud from all responsibility of injury, lost or stolen property during all MAC camps and programs.
- By signing below I authorize the MAC to charge the amount due to my credit card if using a Visa or MasterCard as my payment method.

Any balances due to the MAC must be paid in full by the skaters first day of camp.

---

**Payment Method**

- [ ] Cash
- [ ] Check (payable to MAC)
- [ ] Visa
- [ ] MasterCard
- [ ] Discover

**Credit Card #**

Exp.________ 3-digit #_______

Online registration and payment is also available at [www.stcloudmac.com](http://www.stcloudmac.com).