

*** CAMP STAFF ***



BRAD FROST – Camp Director
Head Coach, University of Minnesota

- Coached Gophers for 9 seasons
- Oversees one of the top programs in the nation
- Won two National Championships as Assistant Coach
- Helped develop several Olympians



JAMIE WOOD
Assistant Coach, University of Minnesota



NATALIE DARWITZ
Assistant Coach, University of Minnesota

Current Golden Gopher players will also serve as camp staff members at all camps.

Fees & Eligibility

Full payment is due with this registration form. We accept personal checks made out to **Minnesota Girls Hockey Camps**. Confirmation letters will be sent via e-mail four weeks prior to the start of camp. Please include an e-mail address for the confirmation letter to be sent to. Payments should be mailed to the address listed on the registration form. Enrollment is limited!!!

Insurance

Minnesota Girls Hockey Camps does not provide medical insurance. Each camper will be required to complete the signed parent consent form to waive and release Minnesota Girls Hockey Camps and the University of Minnesota from any and all liability for any injuries incurred while at camp. Minnesota Girls Hockey Camps reserves the right to refuse any camper with pre-existing medical and/or physical history.

Cancellations/Refunds

All cancellations must be postmarked and received in writing by July 1, 2009. If cancellation is received before this deadline, payment will be returned except for a \$100 deposit per camp. After this deadline, 0% of your paid balance will be returned unless there is a medical circumstance, in which case documentation is required. Minnesota Girls Hockey Camps reserves the right to change and/or cancel camps at any time, in which case full refunds will be returned.

Dismissal Policy

There will be no refund for any camper dismissed from camp. Grounds for dismissal include, but are not limited to: vandalism, use of alcohol, drugs or tobacco products, harassment and not following verbal instructions/rules.

QUESTIONS?

Call 651-306-1452 or email frobrad@gmail.com
minnesotagirlshockeycamps.com

Minnesota Girls Hockey Camps

A division of Frosty, Inc.
A Minnesota corporation

*** AGES 8-10 CAMP ***

JULY 20-24 • 8:30 a.m. – 2 p.m.

This camp will teach and reinforce the development of basic skills in a challenging yet fun environment. Skating, stickhandling, passing, shooting, scoring, leadership and team play will all be emphasized. There will be three sessions per day. An on-ice practice, off-ice session and a scrimmage run by current Gopher players.

*** AGES 11-13 CAMP ***

JULY 20-24 • 10 a.m. – 3 p.m.

This camp will focus on the continued development of basic skills (skating, stickhandling, passing, shooting, scoring, leadership and team play) in a challenging yet fun environment. Strategy and Team Concepts will be introduced and reinforced throughout the week. There will be three sessions per day. An on-ice practice, off-ice session and a scrimmage run by current Gopher players.

*** HIGH SCHOOL ELITE CAMP ***

JULY 12-17

This elite camp is designed for girls who are interested in eventually playing Collegiate Hockey and taking their game to the next level. This camp will focus on the overall betterment of each player through on ice practices, off-ice video instruction and high paced scrimmages. Each day, the off-ice session will focus on something related to furthering your hockey career in college (i.e. sessions with the U of M strength coach, academic counselor, recruiting, NCAA rules, etc). On ice instruction will focus on individual skill, team play, small games, strategy and leadership in a challenging yet fun environment. This camp is designed for players entering Grade 9, 10, 11 or 12 for the 2009-10 academic year. Players will be coached by the Gopher Coaches and other Collegiate Coaches.

- All participants must provide themselves with the proper hockey equipment.
- Each camper will receive a camp jersey.
- Lunch will NOT be provided.

minnesotagirlshockeycamps.com

*** REGISTRATION FORM ***

[]		[]	
CAMPER'S NAME		BIRTHDATE	
[]		[]	
PARENT/GUARDIAN		YR OF HS GRADUATION	
[]			
ADDRESS			
[]		[]	[]
CITY		STATE	ZIP
[]			
EMAIL ADDRESS			
[]	[]	[]	[]
HOME PHONE	WORK PHONE	CELL PHONE	
[]		[]	
POSITION		YEARS PLAYED	

*** SELECT CAMP ***

- Ages 8-10 Camp** [July 20-24] \$335
 - Ages 11-13 Camp** [July 20-24] \$335
 - High School Elite Camp** [July 12-17] \$360
- Do you need housing? **Y** **N** Will you house? **Y** **N**
(housing is for high school camp only)

[]

HIGH SCHOOL NAME

TOTAL ENCLOSED: \$ []

Payable to: **Minnesota Girls Hockey Camps**
P.O. Box 13037
Minneapolis, MN 55414-5057

*please complete the consent form on
back side of registration*

MEDICAL RELEASE & CONSENT FORM

Name _____

Medical Insurance Co. _____

Group Number _____

Contact person in case of emergency:

Name _____ Relation _____

Phone _____

Medical conditions, impairments and allergies of which the staff of the Organization and/or University of Minnesota should be aware:

(Insert "none" if none)

I wish to register my child named _____ and consent to my child's participation in Minnesota Girls Hockey Camps. I recognize that participation in this camp, even when well supervised and managed, poses a risk of physical injury to my child and I agree to assume such a risk on behalf of my child.

I understand that children registered for Minnesota Girls Hockey Camps will receive instruction in the basic principles of the sport and will spend a significant amount of time practicing and performing a variety of enrichment techniques under the supervision of experienced instructors and I consent my child's participation in this program.

I certify that my child has no medical condition, including medication, that may inhibit her participation.

I, the undersigned, waive and release Minnesota Girls Hockey Camps, its instructors and players from any liability for any type of injuries and medical expenses that my child may incur during her involvement in Minnesota Girls Hockey Camps at the University of Minnesota. I authorize the camp staff and experienced athletic trainers to use their best judgment in an emergency requiring medical attention. I hereby certify that my child is medically fit to participate in Minnesota Girls Hockey Camps.

Print Parent/Guardian Name

Parent/Guardian Signature

Date _____

* CAMP FACILITIES *

RIDDER ARENA

This state-of-the-art facility, built adjacent to Mariucci Arena and across 4th Avenue from Williams Arena and the Sports Pavilion, gives fans a first-class and unique hockey-viewing experience. Ridder Arena opened on October 19, 2002, making it the first dedicated women's collegiate ice hockey facility in the nation.



The hockey facility features seating for nearly 3,400, including a club room with 210 seats and nine suites with seating for 14 each.

The ice sheet in the new arena is 200' x 85'. Ridder Arena and Mariucci Arena are connected via an underground tunnel to a common area for the rinks' zambonis. This support space in the arena includes coaching, public, officials and team lockers rooms, as well as athletic training, laundry and equipment rooms, all at ice level.

The mezzanine level includes concession, merchandise and memorabilia areas and a new strength and conditioning area of more than 4,000 square feet.

MARIUCCI ARENA

Mariucci Arena breathes of tradition; from the pictures of past great teams that adorn the walls of the concourses to the banners that proudly display the conquests of those teams. On game night at Mariucci, that tradition boils and turns the arena into one of the finest venues to experience a college hockey game in the country. It is truly an experience to remember.



With a seating capacity of 10,000, fans are never disappointed with the view of the 200 x 100 Olympic-size ice sheet that makes for a fast-paced, wide-open style of hockey.

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BRAD FROST
UNIVERSITY OF MINNESOTA HEAD COACH

MINNESOTA GIRLS HOCKEY SUMMER CAMP '09



NATIONAL CHAMPIONS

2000 • 2004 • 2005