

2008 APPLICATION

Name _____

Address _____

City _____ State _____ Zip _____

Phone # Days _____ Evenings _____

E-mail _____

Position: Goalie Forward Defense

Birth date _____

In the event of injury to applicant while attending Minnesota Hockey Camps, I hereby consent and authorize the administration of all treatments and tests that may be considered advisable and necessary in the judgment of the attending physician. No refunds will be administered after camp has started. (See Cancellations under General Information) I understand and agree to all policies for this camp.

Signature of Parent or Guardian _____ Date _____

Payment Method: VISA MasterCard Check E-Check

EXPIRATION DATE: MONTH _____ YEAR _____

CARD NUMBER _____

NAME OF CARD HOLDER _____

SIGNATURE _____

Routing # _____ Account # _____

Check # _____ Name of Bank _____

*Make Checks Payable to Minnesota Hockey Camps

\$ _____ Camp Tuition

\$ _____ Airport Shuttle (\$25 One Way, \$50 Round Trip)

\$ _____ Extra Night Lodging (\$45 per night)

\$ _____ TOTAL AMOUNT DUE

\$ _____ DEPOSIT ENCLOSED (50% or more of total fee)

Roommate Request Name: _____
(Must be made by May 1, 2008)

How did you hear about our camp?
 online ad friend other

Register Online Preferred:
www.mnhockeycamps.com

or Mail Application and Remittance to:
Minnesota Hockey Camps
P.O. Box 90
Nisswa, MN 56468

or fax to:
(218) 963-2325



Summer Training Schedule for the Summer of 2008

Check (✓) Session or Sessions

SELECT SERIES CAMPS

Peewee/Bantam/Midget/High School/Junior/College/Pro

Check Session or Sessions

June 15-21 July 6-12 July 27-August 2 August 17-23

June 22-28 July 13-19 August 3-9

June 29-July 5 July 20-26 August 10-16

Multiple Week Discounts

1 week	\$787	6 weeks	\$4,452
2 weeks	\$1,548	7 weeks	\$5,138
3 weeks	\$2,295	8 weeks	\$5,800
4 weeks	\$3,028	9 weeks	\$6,462
5 weeks	\$3,745	10 weeks	\$7,130

SPECIALTY CAMPS

Week of Birth date Program Cost

GIRLS CAMP (Now 2 weeks available!)

June 15 -June 21 1994 & Older Girls Camp \$787

June 22-28 1994 & Older Girls Camp \$787

ADULT NOVICE CAMP

June 29-July 5 Adults Only Adult Novice Camp \$787

GOALIE CAMPS

June 29-July 5 1991-1993 Goalie Camp \$787

July 6-12 1994-1997 Goalie Camp \$787

PARENT/CHILD CAMP & NEW MITE CAMP

July 13-19 2000-2003 Mite Day Camp \$345

July 13-19 2000-2003 Parent/Child Camp \$1,287

BASIC SKILLS CAMP

July 20-26 1998-2000 Basic Skills \$787

July 27-August 2 1998-2000 Basic Skills \$787

PRO/AM CONDITIONING CAMP (18 years or older)

July 27-August 2 Pro/Am Conditioning Camp \$787

August 3-9 Pro/Am Conditioning Camp \$787

August 10-16 Pro/Am Conditioning Camp \$787

August 17-23 Pro/Am Conditioning Camp \$787

*If you are attending the Select Series, you must check (✓) in the left-hand column which weeks you will be attending.

*Goalies will pay a discounted rate of \$500 for all camps excluding goalie camp.

mnhockeycamps.com

- Apply Online For Camps
- Make Brainerd Airport Pick-up Arrangements to camp
- Set Up Camp Store Account
- Camplive (email & pictures)



GENERAL INFORMATION

MINNEWAWA LODGE — Minnesota Hockey Camps take place at historic Minnewawa Lodge Resort/Training Centre, located in the heart of Northern Minnesota's prime vacation area. This rustic setting is situated on the shores of beautiful Clark Lake and adjacent to the Paul Bunyan Biking/Walking Trail. We are located 135 miles north of the Twin Cities and only a few minutes from the Brainerd Area Civic Center, where students undergo their on-ice training. Minnewawa Lodge's location deep in the northern woods provides a distraction-free training facility with the finest hockey instruction in the country along with a fun vacation in northern Minnesota, the land of 10,000 lakes. Cabins are also available for rent to provide the whole family with a fun vacation.

INSTRUCTION — Campers will take part in over 45 hockey related activities each week they attend camp. This includes 15 hours of intense on-ice training, classroom lectures, dry land training, puck shooting practice, plyometrics and a weight/strength training program.

LODGING — Minnewawa Lodge/Resort has its own student dormitory for camp participants. A certified staff of counselors will be in residence to ensure the privacy, supervision, and safety of all campers. Recognizing the importance of a counselor's position, we are extremely proud of our staff.

MEALS — An abundance of wholesome and well-balanced meals, prepared by the professional staff of Minnewawa Lodge will be served in the dining hall adjacent to the main lodge. Resident campers will receive three meals a day each day they attend camp. Dinner only on Sunday (check-in day) and Breakfast only on Saturday (check-out day). Day campers will receive lunch only Monday thru Friday.

RECREATIONAL ACTIVITIES — Campers will enjoy Minnewawa's excellent recreational facilities. The highly organized off-ice programs include: basketball, volleyball, swimming, floor hockey, rollerblading, beach games, fishing and much more.

PRO SHOP — Our Pro Shop provides several hockey items plus snacks and beverages for sale for campers. Campers can set up their own "bank account" to withdraw from for purchases in the pro shop. Campers also pickup their mail, packages, and messages that are sent to them while at camp in the pro shop.

ICE RINK — All on-ice activities are held at the Brainerd Area Civic Center located in Brainerd. The arena is located at 502 Jackson Street (directly behind the Wendy's Restaurant) off of Hwy 210.

REQUIREMENTS — Students are required to supply all protective equipment as recommended by Amateur Hockey Association of the United States (AHAUS).

- Camp participants are required to check-in on Sunday between noon - 2 p.m. except for those flying in on later flights.
- Resident Camp participants are required to bring a week's supply of clothing, swim suit, toiletries and other personal items. They must also bring their own towels and bedding. We recommend sweat pants and shorts vs. jeans; sleeping bag vs. blankets. There is a self-service laundromat on the property.



DEPOSIT — For all programs a deposit of 50% of total cost is required with each application. The balance is due prior to camp starting June 15th.

MEDICAL — Each camper must fill out a medical form before coming to camp. The MHC wavier must also be signed by parents of the camper. A certified athletic trainer is on duty 24-hours-a-day.

CANCELLATIONS — Any cancellations after April 15, (including medical reasons) payment will be applied for credit to next years camp. There will be no credits after June 15 except for medical reasons documented by our trainers on staff while attending camp. There are no cash refunds. Absolutely no refunds or credit for campers sent home for conduct deemed unacceptable by the camp owners and staff.

DISCOUNTS — Multiple Family Member - A \$100.00 discount will be applied to families registering more than one child from the same immediate family.

GROUND TRANSPORTATION FROM MINNEAPOLIS — Arrangements can be made by calling Executive Express Van Service at 320-253-2226 or Lakes Express at 866-955-6973. They both have shuttles to Brainerd from the Minneapolis airport daily. MHC is not responsible for this service.

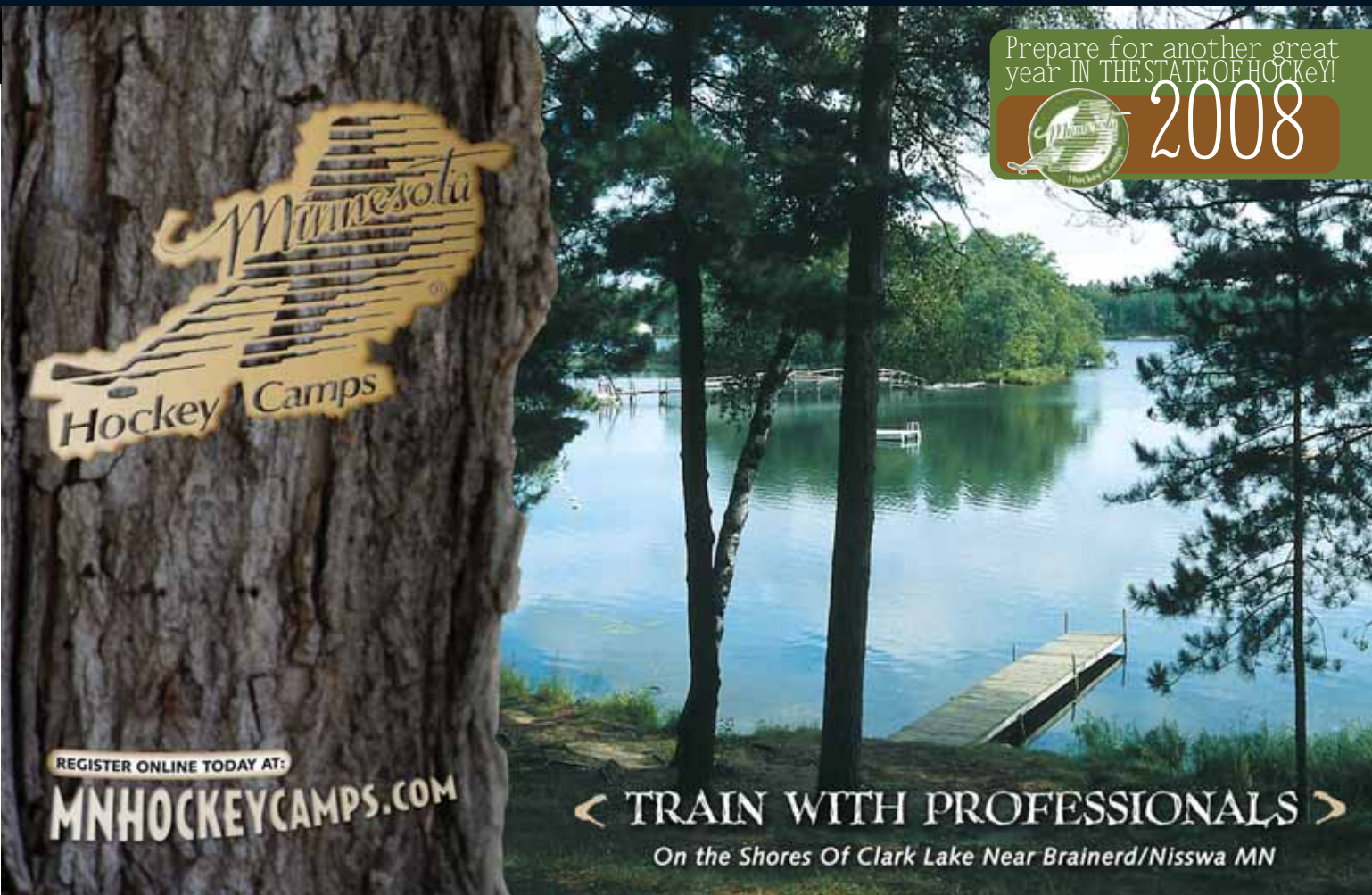
PICK-UP SERVICE FROM BRAINERD AIRPORT — Brainerd is served by Northwest Airlines with scheduled flights daily. Take advantage of Saturday fares. Transportation can be provided from the Brainerd Airport to camp. Cost of service is \$25 each way, payable prior to camp.

VISITING PARENTS — Visitors are not allowed on campus Mon-Fri, no exceptions. Parents planning to visit or vacation in the area can visit the Brainerd Chamber of Commerce website at www.explorebrainerdlakes.com for hotel/resort accommodations. Be sure to plan early!!

PARTICIPATION IN OTHER CAMPS — Any player selected to participate in an AHAUS development camp will be excused from the program for that time. All other potential absences must be approved prior to the beginning of the camp. IMPORTANT!

HOW TO APPLY — Complete application form in the back of this brochure. Please complete all items. Very Important! Send application with your deposit to the Minnesota Hockey Camps office or register online at mnhockeycamps.com. Payment terms available upon special request. MasterCard, Visa, E-Check or Regular Checks (US Funds) are available for payments. All payments must be made in US Funds. Other currency will be charged a finance fee TBD by MHC.

Questions? Call (218) 963-2444 or (877) 423-2447. (ICE-CHIP)



P.O. Box 90,
Nisswa, MN 56468
218-963-2444

EASY ONLINE REGISTRATION AT
mnhockeycamps.com

Fax: 218-963-2325
Reservations: 877-ICE-CHIP



WELCOME TO MINNESOTA HOCKEY CAMPS



THESE ARE THE GUYS THAT RUN THE CAMP. CAN'T DECIDE WHO IS STRICTER, YOU GUYS OR THESE GUYS?

CHUCK AND CLAIRENE GRILLO
Chuck is former Executive Vice President and Director of Player Personnel for the San Jose Sharks now a scout for the Pittsburgh Penguins of the National Hockey League.

ROB AND CAROL GRILLO
Rob is a professional and amateur scout for the San Jose Sharks in the National Hockey League.

Our mentors are stars of the coaching game

A FULL CAMP STAFF DEDICATED TO THE GAME OF HOCKEY

 Ted Belisle Bemidji State University	 Doc Del Castillo U. Alaska-Fairbanks	 Jim Ernster Brainerd High School	 John Rose U. Alaska-Fairbanks
 Wes Bolin Woodbury High School	 Chuck Whalen Brainerd High School	 Keith Fisher Princeton University	 Kyle Wallock Yale University
 Eric Rud St. Cloud State University	 Dan Germundson Prior Lake High School	 Ty Eigner Brainerd High School	 Craig Larson St. Cloud State University
 Ryan Scott USHL, Indiana	 Jay Clark West Point	 Chris Hall Notre Dame	 Conrad Kragness CLC
 Nate Lawrence U. Alaska-Fairbanks	 Ryan Marvin Valencia Flyers	 Kendall Newel St. Cloud State University	 Reed Rushing NAHL, Alaska
 Steven Jensen Gustavus Adolphus	 Ryan Marvyn Valencia Flyers	 Kendall Newel St. Cloud State University	 Reed Rushing NAHL, Alaska

CAMP QUOTES

"I AM NOW PLAYING IN MY 7TH NHL SEASON and realize the importance of being at my best both physically and mentally. MHC has helped me improve strength, conditioning and game performance. I have spent the last four summers at MHC and plan on spending many more."

- SCOTT HARTNELL
Philadelphia Flyers

"I HAVE SPENT THE LAST NINE SUMMERS at MHC to elevate my game to junior and college levels. Now I use the camp to prepare myself for the upcoming NHL Season. The camp helped me make the NHL Young Stars game and the NHL All-Rookie Team."

- RYAN MALONE
Former St. Cloud State player,
now Pittsburgh Penguins

"I WAS TOLD that I had a chance to make the big club in my draft year if I would attend the USDL camp for eight (8) weeks to accelerate my development. I accepted the challenge and now I'm a San Jose Shark."

- JEFF FRIESEN
Former San Jose Shark,
Now Calgary Flames

CAMP COUNSELORS

Ryan Scott
USHL, Indiana

Jay Clark
West Point

Chris Hall
Notre Dame

Conrad Kragness
CLC

Nate Lawrence
U. Alaska-Fairbanks

Ryan Marvin
Valencia Flyers

Kendall Newel
St. Cloud State University

Reed Rushing
NAHL, Alaska

Steven Jensen
Gustavus Adolphus

If you would like to be a part of MHC staff, please contact Carrie at carrie@mnhockeycamps.com for more information.

THE SELECT SERIES CAMPS

HISTORY — MHC has been in operation for over 31 years. During those years, with numerous experiments, we determined that the serious players wanted and were in need of more than a one-week camp. We went a step further and created the best summer hockey development camp ever, with plenty of data to prove it. The past years have been tremendously satisfying, with over 900 athletes spending their summer with us and graduating on to pro contracts, college scholarships, successful Junior A tryouts, prep schools, high school teams, midget teams and youth teams.

CLASSROOM LECTURES — Five classes are held each week for players to learn more about the game, prepare for practice, review previous practices and games, watch videos of games, and be counseled.

OFF-ICE TRAINING — We have developed an off-ice training program to equal our European counterpart. Europeans have been known for years to train 2 1/2 times more than the workout routines used throughout North America. Players will improve on their explosiveness, speed and strength through jumping, running and lifting while improving all areas of athleticism on a daily basis. This time tested program causes players to improve as a whole and improve on every aspect of their bodies and game. Players leave here being better athletes, which in turn make them better hockey players.

There is strong evidence to show that the Europeans are ahead of us in the skill and leg strength categories. We may lead them in the North/South game, but Europeans willing to complement their East/West game with a North/South game have a head start in the under 20 years.

DRYLAND — We incorporate the latest plyometrics exercises into our daily, hour-long dryland sessions. Our dryland includes:

- Highly effective, sport-specific routine
- Direct correlation to the specific movements done on the ice
- Direct correlation of the aerobic/anaerobic conditioning in a game.
- Consists of forwards, sideways, backwards and one-leg jumping

• Consists of sprinting, stair climbing, hill/beach sprinting and agility training

STRENGTH TRAINING — Five strength training sessions per week are conducted in our own "Training Sanctuary." This is the same building where over 300 NHL players and hundreds of Division 1 players have trained and developed their skills. Our strength training includes:

- Latest in strength training concepts
- Increased hockey specific strength
- Increased strength in joint areas to decrease injuries
- Increased positive psychological advantage through the confidence of strength

TESTING — Each player undergoes detailed physical fitness testing upon arrival and prior to departure. This is the same detailed testing that is done at the National Hockey League combine and CHL prospects game each year. This gives each player the data to objectively realize the gains made as a result of training. Our electronic testing has a database large enough to analyze each player's level of skating. Our tests include:

- **Off-Ice:** Body Composition, Strength, Flexibility, Explosive Power and Agility
- **On-Ice:** Speed, Quickness

* Dear Mom and Dad, Having a great time at camp...



And they take real good care of us... they feed us well at breakfast, lunch and dinner, although sometimes I'm too tired to eat...



My favorite day is Saturday, when we take the stuff we learned all week and put it to use in a game situation. Can you believe we have two full ice rinks so we have a ton of ice time?



It's just the best everywhere you go it says "hockey," even on the buildings where we live.



I've met a lot of good friends here... sometimes we go swimming or fishing, or just relax at the beautiful lake.

On rainy days we don't even have to miss training. We move inside the brand new sports complex.

I'm really having a blast... and I'm becoming a better hockey player. Can I come back again next summer? I'll write again soon.

LETTER FROM CAMP



MINNESOTA HOCKEY CAMPS

THE PERFECT CAMP FOR A SUMMER OF SKILL-BUILDING FUN

SELECT SERIES CAMP

PLAYERS THAT WANT TO TAKE THEIR GAME TO A HIGHER LEVEL should attend this camp. The overall objective of this program is to provide the opportunity for players to receive recognition for their unique hockey talent and accomplishments and to further enhance development. Every player, regardless of talent or age, should go through a camp experience within an environment of equal playing ability and birth date for growth purposes and exposure. There is an element of growth, living and performing away from home, that all players need in their careers and lives. Goalies will pay a discounted rate of \$500 for the Select Series Camps.

GOALIE CAMP

Our goalie camps have the same amount of on-ice and off-ice practices as our other camps. Our coaches are either high school/college coaches that were goalies themselves and are still working with goalies at the high school/college level or they are goalies at the college/junior level. We limit our class size to 20 goalies. Each group has two qualified coaches and two qualified assistants. It is great for a goalie to attend a camp of all goalies to share experiences with. Each goalie will improve his game when he spends a full week concentrating on technique.

MITE DAY CAMP

THIS PROGRAM IS AN ALL DAY TRAINING CAMP for young hockey players that want to improve their hockey skills. Campers will arrive in the morning and follow the same schedule as the other resident campers. They will then need to be picked up after their last hockey related activity has completed each day. This camp is great for local kids and families that are vacationing in the area. Campers must know how to skate before joining this camp. Lunch is included in the fee.

PRO/AM CONDITIONING CAMP

CONDITIONING CAMP is a camp designed specifically to help you prepare for the up and coming season. The coaching staff is made up of professional coaches and scouts representing various NHL teams and Division I colleges. The camp is for contracted pros conditioning and getting "game ready" for NHL training camps, or players trying to get evaluated in an attempt to get a tryout for an NHL training camp. This camp is also for the college bound player who wants to be physically and mentally prepared for a college hockey season. By skating for one or two weeks with pro players, the college player can see where he fits in the world of Pro Hockey. 300+ such players, including the likes of Scot Hartnell, Tony Granato, Ryan Malone, and Paul Stastny have attended this camp. Over the past 17 years, 25 players have attended our Pro/AM Camp without a professional contract, and ended up signing pro contracts. Must be 18 years old or older.

PARENT/CHILD CAMP

ENJOY A WEEK WITH YOUR CHILD learning the game you both love. This camp is designed for the parent to do as many of the activities on and off the ice as they want. The child will have planned activities in the evening with their counselors or they can spend more quality time with their parent. Parents can pick up valuable information and new hockey drills to take home. There is time allowed to take advantage of other activities offered in the Brainerd Lakes Area.

GIRLS CAMP

MHC HAS REALIZED THE DEMAND for a high-quality girls hockey camp. We now offer two weeks of girls camps by popular demand. Girls that attend camp are serious hockey players, that want to develop their skills both on and off the ice, in order to compete at the top of their game. The same intense development is carried out in our girls' camps.

ADULT NOVICE CAMP

THIS PROGRAM IS DESIGNED FOR ADULTS that would like to train, skate, and improve their game. A program designed with you in mind. This camp is a vigorous program to help you achieve your goals in hockey. A full week geared to your ability and knowledge of the game. There is also time for you to get away and enjoy other activities in the Brainerd Lakes Area.

BASIC SKILLS CAMP

BASIC SKILLS CAMPS are for the young hockey player that plays at any level. The ice training and off-ice training are the same program as the other programs offered. Players who show they have the skills and talent will be invited to our advanced camps. A great camp to begin your hockey career and move up in the game.

SAMPLE SCHEDULE

8:00-8:30	Breakfast	2:30-3:30	Rink & Dress
8:30-9:30	Rink & Dress	3:30-4:45	Skate
9:30-10:45	Skate	4:45-5:15	Back from Rink
10:45-11:15	Back from Rink	5:15-6:00	Dinner
11:15-11:30	Break	6:00-6:30	Break
11:30-12:00	Lunch	6:30-7:30	Dryland Training
12:00-12:30	Puck Shooting	7:30-8:00	Puck Shooting
12:30-1:30	Weight Training	8:00-9:15	Rec/Film
1:30-1:45	Break	9:15-10:00	Ready for Bed
1:45-2:30	Classroom	10:00	Lights Out

YOUR GAME — We have a setting that creates an awareness of each player's assets and liabilities with regard to: Positional training, Technical and Tactical aspects of the game, Creativity levels, Defining your game and Developing a "B" game to complement your "A" game.

Modern day programs throughout the world have a way of telling you, "You are not good enough during your teenage years." This tells you that 99% of all players are in a catch up mode in each age group. A high percentage of those who do make a national camp are not penciled in to any national, junior or college team. We have a program that is designed to maintain and/or close the gap if you are willing to pay the price. Maintaining a "catch up" or "chip on your shoulder mentality" is paramount in working toward this goal.

EASY ONLINE REGISTRATION AT mnhockeycamps.com