

July 5th-9th
Varsity/JV

July 12th-16th
Pee-Wee's/
Bantam's

Marshall Hilltoppers Present: Black and Gold Hockey School 2010

Mars Lakeview Arena, Duluth MN

A typical afternoon for:

Pee Wee's

On ice 2:15-3:45
Dryland 4:00-5:00pm
Classroom/Video Instruction 5:00-5:30pm
Dinner 5:30pm
Players Released 6:00pm

Bantam

Dryland 2:15-3:15pm
Classroom/Video Instruction 3:15pm
On Ice 4:00-5:30pm
Dinner 5:45pm
Players Released 6:00pm

Varsity/JV

On Ice 2:15-3:45pm
Dryland 4:00-5:00pm
Classroom/Video Instruction 5:00pm
Dinner 5:30pm
Players Released 6:00pm

Players receive on-ice instruction and repetition of the following aspects of the game: overspeed training, power skating stickhandling, passing/receiving, shooting, small area play, competitive drills, team play (Friday)

Dryland:

Supervised instruction, guidance from knowledgeable staff headed up by licensed Strength and conditioning coach Chris Bell
Plyometrics, conditioning,
Fun games on the Marshall campus

Players will be fed a healthy meal following all activity.

Camp Fee: \$180

Includes Ice, Dryland, Meals, T-shirt

Special guest appearances:

Darby Hendrickson - Former Minnesota Wild player and Current FSN Wild analyst

Derek Plante - Former Buffalo Sabre and Philadelphia Flyer

Marshall Hilltoppers

Meet Your Instructors

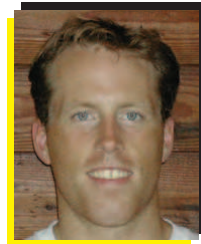
Brendan Flaherty - Sixteen year High School Head Coach and current Coach of the Marshall Hilltoppers. Brendan has over 20 years of coaching experience. He has 6 Minnesota Boy's Hockey State Tournament Appearances. Brendan received his Masters in Education with an emphasis on Instruction from UW-Superior in 2000.



Jason Watt - Former UMD Bulldog and current Marshall Hilltopper Boy's Hockey Coach. Jason is a defensive specialist and will work primarily with the defensemen in the Marshall Hockey School.

Zoe Hill - Skating Director of the Duluth Figure Skating Club and Power Skating Coach of many College and Professional Hockey Players. Zoe will expose the campers to the most up-to-date power skating techniques offered today.

Chris Bell - Performance Director Impact Sports Training; Assistant Men's Hockey Coach UWS



Former Toppers Counselors:

Rob Bordson UMD
Jack Connolly UMD
Chris Connolly Boston University
Kevin Mahoney U of St Thomas
Tom Paine Janesville NAHL

Black & Gold Registration:

Player Name _____

Address _____

City _____ Zip _____

Phone _____

Email _____

Birth-date _____ Position _____

2009-2010 team/level _____

Please send **\$180 check** payable to:
Marshall Hockey School
PO Box 161001, Duluth, MN 55816

Marshall Hilltoppers

Waiver / Release: I will not hold Brendan Flaherty, Marshall Hockey School or Marshall School, its employees, or its affiliates responsible or liable for accident, injury, or loss caused during the Marshall Hockey School.

Registration Deadline June 18th, 2010

Parent Signature _____

Date _____