



2025 STP Summer Hockey Training Program

Instructors: CPHS Hockey Staff

Dave Lynne <https://www.lynneeliteperformance.com/>

Jordan Ronn (Champlin Alum, played for the Aberdeen Wings in the NAHL, currently with the Sioux City Musketeers in the USHL, D1 commit to Mankato State University)

Drew Belleson (Champlin Alum, currently playing in the NAHL for the Philadelphia Rebels)

Trevor Aberwald (Champlin Alum, currently playing in the NAHL for the Janesville Jets)

Mission & Expectations:

STP is a summer development program for boys going into 8th-12th grade focused on developing skills of current and future Rebel high school hockey players. This skill development, both on and off ice, will prepare players for the demands of excelling in high school hockey. The goal of this camp is to raise every skater's skill level and create team camaraderie. This camp will provide players an excellent opportunity to have fun while improving the essential skills needed to be successful.

Training will focus on improving your son's overall strength and speed in a variety of ways. We will focus on the development of upper and lower body power along with a number of core and balancing exercises to improve overall stability and strength while on the ice. Players will also work on agility, flexibility, and quickness to improve their

overall game along with shooting and stickhandling. We will incorporate overspeed skating drills, competition drills, and small area games that will all be skill based to improve your sons overall game!

On Ice/Dryland practice sessions will be held at the Champlin Ice Forum on Mondays, Wednesdays, and Thursdays from 8:00-10:15am

****Players will be split into two different groups (On ice for an hour and dryland for an hour)**

June 9-26	9 On Ice sessions from 8:00-10:15 am (Monday, Wednesday, Thursday) 12 off ice/weight room sessions (6:00-7:30am @CPHS weight room)
June 30-July 6	OFF
July 7-31	12 On ice sessions from 8:00-10:15 am (Monday, Wednesday, Thursday) 16 off ice/weight room sessions (6:00-7:30am @CPHS weight room)

June 11	Scrimmage @ Spring Lake Park/Coon Rapids
June 20-21	Scrimmage Festival @ Forest Lake
July 16	Scrimmage vs. Spring Lake Park/Coon Rapids
July 18-20	Tradition Scrimmage Festival @ TBD
July 31	Battle For The Paddle Intrasquad Scrimmage

Off Ice sessions (weight room, dryland, speed training) will be held at CPHS weight room . Off Ice sessions will be Monday-Thursday from 6:00-7:30am.

*****Schedule will continue to change as scrimmages are added throughout the spring*****

Questions?? Contact Tom Potter

Cell: 612-308-5004

Email: coachpotter25@gmail.com



2025 CPHS Summer Hockey Training Program

Player's Name: _____

Parents' Name/s: _____

Address: _____

Parent Phone: _____

Parent Email: _____

Player Phone: _____

Player Position: _____

Previous Youth Team (ex. Bantam B1): _____

DOB: ____/____/____

Player Cost: "X" the options are paying for.

_____ \$850.00 (STP) 2025 Summer Training Program (Including 28 weight training sessions at the high school)

_____ \$1,400 for a family with two kids in the program

****Registration closes June 1st****

Please write and send the check and form to:

Tom Potter

516 84th Ave NE

Spring Lake Park, MN 55432

Questions?? Contact Tom Potter- Cell 612.308.5004 Email: coachpotter25@gmail.com