



RIVER CITIES BLADES GIRLS HIGH SCHOOL
HOCKEY SUMMER TRAINING PROGRAM
(STP)
REGISTRATION FOR SUMMER 2026!!!
LOCATION CRIC ARENA (Coon Rapids)



Age Groups: CLINICS WILL BE LIMITED TO 40 Participants in each group this summer excluding Goalies:

- High School / U15:
 - Tuesdays – 8:45am to 10:15am on Ice
 - Wednesdays – 10:00am to 11:00am – game day
 - Thursdays - 8:40am to 9:40am / 9:50am to 10:50am

***** Get your registrations in early to assure your spot in the clinic*****

High School STP Fee:

- \$500 per Skater
- \$250 per Goalie (Specific time with Coach Neil - High School Goalie Coach)

Program Includes:

Our goals:

- ✓ To provide a great opportunity to PLAY HOCKEY in the summer with current and future teammates. Working to continue the tradition of success with the River Cities Girls Hockey program by improving hockey skills and working hard together!
- ✓ Power Skating – Edge work, long stride, balance
- ✓ Stickhandling, passing, shooting, scoring, strength building
- ✓ Small area games
- ✓ Scrimmages vs other teams

High School STP Dates: Tuesdays, Wednesdays & Thursdays

June 09,10,11,16,17,18,23,24,25

July 7,8,9,14,15,16,21,22,23,28,29,30

Dryland / Strength Option: Tuesday and Thursdays following at the rink. Focus will be agility / speed / strength. This is optional as a lot of the girls will be training at MAP, Base or other options.

Please Note: Training times will be kept as much as possible to Tuesdays, Wednesdays, and Thursdays. However, scrimmages will be scheduled when time is available. Sorry for any inconvenience, there is just NO way around it.

REGISTRATION FORM 2026

**RIVER CITIES BLADES GIRLS HIGH SCHOOL HOCKEY SUMMER
TRAINING PROGRAM (STP)**

- PLAYER NAME: _____
- PARENT NAME: _____
- PARENT CELL: _____
- PARENT E-MAIL: _____
- Grade Level (next school year)/Hockey Level: _____

- Parental Approval: Medical Release of Liability Any player medical conditions, impairments, and/or allergies or special circumstances of which the coaching staff should be aware of are: I understand and agree that some activities occurring as part of, or incidental to, the event may be of hazardous nature and/or include physical and/or strenuous activity. Understanding this, I state that my daughter has no medical condition or impairment, including the use of medication that might inhibit her active participation in the CPR Girls HS STP program. In the event of injury or medical emergency, I authorize the staff to obtain whatever medical attention and/or treatment he/she deems necessary for my daughter's welfare and waive and release the coaching staff from all liability for any injuries. I further understand and agree that I will be financially responsible for all charges and fees incurred in rendering of said treatment regardless of whether my medical insurance would cover such charges and fees. I have read and understand and agree to the terms and conditions of this release.

- Parent Name (print): _____
- Parent Signature: _____
- Date: _____

Two Options to pay: Check or Venmo to @guttynmic74

ALL CHECKS SHOULD BE MADE PAYABLE TO:

Todd Gutterman
22395 Evergreen Circle
Forest Lake, MN 55025

Todd Gutterman is the current Head Coach for the River Cities Blades Girls High School Hockey Team and will be entering his 6th season.

Questions: Email Todd Gutterman at
tgutterman74@gmail.com