



2007 APPLICATION

Name _____

Address _____

City _____ State _____ Zip _____

Phone # Days _____ Evenings _____

E-mail _____

Height _____ Weight _____ Position _____

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 (\$45.00 per night)

\$ **TOTAL AMOUNT DUE**

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

Roommate Request Name: _____
(Must be made by May 1, 2007)

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



mnhockeycamps.com

- Apply Online For Camps
- Make Brainerd Airport Pick-up Arrangements to camp
- Set up Pro Shop Account
- Complive (email & pictures)

Summer Training Schedule for the Summer of 2007

Check (✓) Session or Sessions

U.S. DEVELOPMENT LEAGUE/ SELECT SERIES CAMPS

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

Check Session or Sessions

- June 17-23 July 8-14 July 29-August 4 August 19-25
 June 24-30 July 15-21 August 5-11
 July 1-7 July 22-28 August 12-18

Multiple Week Discounts

1 week	\$742	6 weeks	\$4,187
2 weeks	\$1,458	7 weeks	\$4,826
3 weeks	\$2,161	8 weeks	\$5,444
4 weeks	\$2,851	9 weeks	\$6,062
5 weeks	\$3,523	10 weeks	\$6,680

WEEKLY CAMPS

Week of Birth date Program Cost

PARENT/CHILD CAMP & NEW MITE CAMP

<input type="checkbox"/> June 24-30	1999-2002	Mite Day Camp	\$300
<input type="checkbox"/> June 24-30	1999-2002	Parent/Child Camp	\$1,242

GIRLS CAMP (Now 2 weeks available!!)

<input type="checkbox"/> June 17-23	1993 & Older	Girls Camp	\$742
<input type="checkbox"/> June 24-30	1993 & Older	Girls Camp	\$742

GOALIE CAMPS

<input type="checkbox"/> July 8-14	1990-1992	Goalie Camp	\$742
<input type="checkbox"/> July 15-21	1993-1995	Goalie Camp	\$742

BASIC SKILLS CAMP

<input type="checkbox"/> July 22-28	1997-1999	Basic Skills	\$742
<input type="checkbox"/> July 29-August 4	1997-1999	Basic Skills	\$742

ADULT NOVICE CAMP

<input type="checkbox"/> July 1-7	Adults Only	Adult Novice Camp	\$742
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PRO/AM CONDITIONING CAMP (18 years or older)

<input type="checkbox"/> July 29-August 4	Pro/Am	Conditioning Camp	\$742
<input type="checkbox"/> August 5-11	Pro/Am	Conditioning Camp	\$742
<input type="checkbox"/> August 12-18	Pro/Am	Conditioning Camp	\$742
<input type="checkbox"/> August 19-25	Pro/Am	Conditioning Camp	\$742

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

**Goalies will pay a discounted rate of \$475 for all camps excluding goalie camp.*



An accredited member of



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.

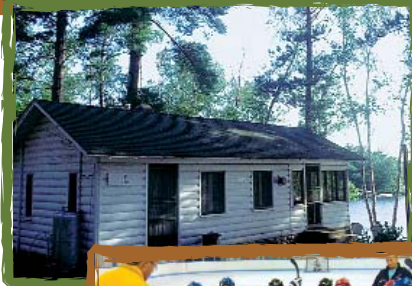
RECREATIONAL ACTIVITIES — Campers will enjoy Minnewawa's excellent recreational facilities. The highly organized off-ice programs include: basketball, volleyball, swimming, floor hockey, rollerblading, beach games, fishing and much more.

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 11th.

MEDICAL — Certified athletic trainers on duty 24-hours-a-day. Part-time registered nurse on duty.

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 17 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.

- *Multiple Week* - Players attending more than one week; discount will be applied according to number of weeks attending. (see application)

GROUND TRANSPORTATION FROM MINNEAPOLIS

Arrangements can be made by calling Executive Express Van Service at 320-253-2226 M-F from 9 a.m. - 4 p.m. Executive Express Van services Brainerd from Minneapolis airport daily. Cost of service from Brainerd drop off to camp is \$25 each way, payable prior to camp.

PICK-UP SERVICE FROM BRAINERD AIRPORT

Brainerd is served by Northwest Airlines with scheduled flights daily. Take advantage of Saturday fares. Transportation is provided from the Brainerd Airport to camp with prior arrangements (two weeks). Cost of service is \$25 each way, payable prior to camp.

VISITING PARENTS — Parents planning to visit or vacation can call the Chamber of Commerce at (800) 450-2838 or visit their web site at (explore.brainerdlakes.com) for hotel/resort accommodations. Check early!! Visitors are not allowed on campus Mon-Fri due to distractions to players training.

COST — See application blank for information on cost. Food, lodging and training are included in the cost.

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 league. **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.

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

PREPARE FOR ANOTHER GREAT
YEAR IN THE STATE OF HOCKEY!



2007



REGISTER ONLINE TODAY AT:

MNHOCKEYCAMP.COM

< TRAIN WITH PROFESSIONALS >

On the Shores Of Clark Lake Near Brainerd/Nisswa MN



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.

DEAN AND CARRIE GRILLO
 Dean is a former player in the San Jose Sharks system with the Kansas City Blades, Kentucky Thoroughblades, and Europe. Dean is currently a player agent with O2K.

JOE AND SARAH CIARDELLI
 Joe is a former St. Cloud State conditioning coach. He has joined Minnesota Hockey Camps as a year-round strength and conditioning consultant for our athletes.



Our mentors are stars of the coaching game

○ A FULL CAMP STAFF DEDICATED TO GAME OF HOCKEY



Ted Belisle
 Bemidji State University



Doc Del Castillo
 U. Nebraska - Omaha



Jim Ernster
 Brainerd High School



John Rose
 Mercyhurst College



Wes Bolin
 Woodbury High School



Chuck Whalen
 Brainerd High School



Keith Fisher
 Princeton University



Kyle Wallock
 Yale University



Brian Riley
 West Point



Eric Rud
 St. Cloud State University



Dan Germundson
 Prior Lake High School



Ty Eigner
 Brainerd High School



Craig Larson
 St. Cloud Apollo



Greg Malone
 Phoenix Coyotes

CAMP COUNSELORS

Casey Binkley
 West Point

Jay Clark
 USHL, Sioux Falls

Chris Hall
 Notre Dame

Conrad Kragness
 MN JR, St Paul

Nate Lawrence
 USHL, Chicago

Corey Marvin
 Monroe CC

Ryan Marvin
 Morrisville State

Kendall Newel
 St. Cloud State University

Reed Rushing
 NAHL, Alaska

Ryan Scott
 USHL, Indiana

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



CAMP QUOTES



"THE QUALITY OF TRAINING is time tested by the clients of International Management Group. We urge our clients to improve their skills at Minnesota Hockey Camps. The day is gone when our athletes can take their summers off from the game of hockey."

- MIKE BARNETT
 Former IMG Agent, now GM Phoenix Coyotes

"I HAVE SPENT THE LAST SEVEN 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



U.S. DEVELOPMENT LEAGUES/SELECT SERIES

HISTORY — MHC has been in operation for 30 years. During those 30 years, with numerous experiments, we determined that the serious players wanted and were in dire need of more than a one-week camp. We went a step further and created the best summer hockey development league ever, with plenty of time to prove it. The first 19 years have been tremendously satisfying, with over 820 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.

ACADEMIC 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.



- 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 data base 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...*



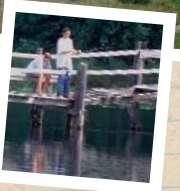
And they take real good care of us... they feed us well at breakfast, lunch and dinner, although sometimes I'm too tired to eat...



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... sometimes we go swim or just relax at the lake.



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



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?





I'm really having a blast... better hockey player. Can I next summer? I'll write ag

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 teen age years." This tells us 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.

SA

8:00
8:30
9:30
10:
11:
11:
12:
12:
1:
1:



MINNESOTA HOCKEY CAMPS

○ THE PERFECT CAMP FOR A SUMMER OF SKILL-BUILDING FUN

LETTER FROM CAMP



a lot of good friends here ... we go swimming or fishing, lax at the beautiful lake.



a blast... and I'm becoming a yer. Can I come back again I'll write again soon.

SELECT SERIES/USDL (DEVELOPMENT LEAGUE) 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 eligible 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.

GOALIE CAMP

THESE CAMPS HAVE GROWN to be very popular amongst the goalies. 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.



SEASON READINESS CAMP

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. 300+ such players, including the likes of Scot Hartnell and Tony Granato, have attended this camp. The camp is also for players trying to get evaluated in an attempt to get a tryout for an NHL training camp. Thirty-six such players attended in such a manner last year. Over the past 16 years, 25 players have attended our Pro Camp without a professional contract, and ended up signing pro contracts. 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.



PARENT/CHILD CAMP

ENJOY A WEEK WITH YOUR CHILD learning the game you both love. This program will follow the same curriculum as our other camps. The child will have planned activities in the evening with their counselors. A parent can choose to skate with their child or not. Parents can pick up valuable information and new hockey drills to take home to their youth coaches. There is time allowed to take advantage of other activities offered in the Brainerd Lakes Area.

GIRLS CAMP

WE OFFER TWO WEEKS OF GIRL'S CAMPS for the second year 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 curriculum as our other resident camps for overall development is carried out in our girl's camps.

ADULT NOVICE CAMP

THIS PROGRAM IS DESIGNED FOR MOST 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

EASY ONLINE REGISTRATION AT mnhockeycamps.com

MENT LEAGUES/SELECT SERIES



eration for 30 years. us experiments, we wanted and were in mp. We went a step ockey development rove it. The first 19 ing, with over 820 s and graduating on successful Junior A is, midget teams and

Five classes are held re about the game, practices and games, seled.

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— We latest rices ous- sions. udes: , sport-specific routine on to the specific : on the ice n of the aerobic/ oning in a game. vards, sideways, ne-leg jumping hill/beach sprinting

Five strength ed in our own ame building hundreds of :veloped their es:

ecrease injuries antage through

es detailed physical o departure. This is re at the National aspects game each o objectively realize ng. Our electronic h to analyze each ude: ,th, Flexibility,

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



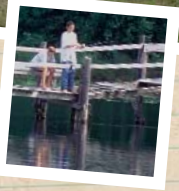
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It's just the best everywhere you go it says "hockey," even on the buildings where we live.



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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.



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LETTER FROM CAMP

SELECT (DEVELOPMENT)

PLAYERS THAT HIGHER LEVEL objective of this eligible players hockey talent enhance develop age, should g environment o growth purpos growth, living players need in

GOALIE

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10:45-11:15	Back from Rink	5:15-6:00
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