

PHILOSOPHY

Het's High Tempo Hockey (HHTH) staff will focus on the development of each player starting with basic fundamentals and teaching proper technique through instructed repetition. We will challenge skaters to improve skills, build lasting friendships and increase self esteem, all while having FUN on and off the ice.

SKILLS

HHTH (Het's High Tempo Hockey) will provide players the opportunity to prepare for the upcoming season while participating in well-designed, high tempo practice sessions led by highly skilled and experienced hockey coaches.

	On Ice	Dryland
L E V E L 1	Skating Fundamentals Puck Handling Passing/Receiving Shooting Small Area Games Sportsmanship	Conditioning Ladders Reaction Stick Handling Shooting
L E V E L 2	Basic Skills Above Power Skating/Speed Agility Puck Control/Protect Read/React Leadership	Plyos Circuits



For more information

contact Director Brett Hetland

712-320-9194

grassman@brooksgolfclub.com



2020 PRE-SEASON
HOCKEY CAMP

OCTOBER 5-8

WHEN

October 5-8

LEVEL 1

2nd year Minis & Mites
5:30pm – 6:30pm on ice
6:45pm – 7:15pm dryland

LEVEL 2

Squirt, PeeWee, Bantam & Above
5:45pm – 6:15pm dryland
6:45pm – 8:30pm on ice
Please bring proper workout attire for dryland training.

Beginning Skaters:

Check out our Learn to Skate program at www.lakesicearena.com

WHERE

Lakes Ice Arena

3800 Sunner Avenue · Spirit Lake

COST

Level 1 — \$40

Level 2 — \$70

DIRECTOR

Brett Hetland is a Level 5 USA Hockey certified coach with over 20 years experience coaching youth hockey at all levels. He played at the University of Minnesota-Crookston and is the founder of the Lakes Area Hockey Association and Het's High Tempo Hockey, and Head Coach of the Boji Mammoths Boys High School Hockey Team.

STAFF

HHTH staff demonstrate a proven ability to interact with and instruct players of all ages.

Bradley Shumway is returning for his 4th camp. He grew up in Colorado and traveled the country playing youth and junior hockey that led to playing Division 1 at RIT. Brad has the ability to analyze the game and break it down into smaller pieces that players understand. Brad an Assistant Coach with the Mammoths.

Jeese Orttel brings a wealth of coaching knowledge and playing experience to his 4th camp. He played youth and high school hockey in Minnesota and continued at Bethel College and Waldorf College. Jesse is an Assistant Coach with the Mammoths.

REGISTRATION

Camper's Name:

Male Female LEVEL: 1 or 2

Date of Birth:

Parents' Names:

Camper's Address:

Phone:

Email:

Emergency Contact/Phone:

Jersey Size: YS YM YL AS AM AL

Camp Director/Staff will not be held responsible for injuries or loss of property while the student is attending camp. The signature below absolves the camp of all such responsibility.

Parent's Signature:

Mail completed registration and check payable to Brett Hetland

1322 Pine Circle Drive · Spirit Lake, IA 51360
by OCTOBER 1st