



Minot Hockey *FASTER*

Flexibility, Agility, & Strength Together Equal Ready

Minot Hockey Boosters

This program is designed to improve strength, speed, endurance, core strength and quickness and also designed to prevent hockey related sports injuries.

Registration Instructions

Please leave all forms at Maysa Hockey Boosters Office

WHO: Pee-wees, 12 U girls, Bantams

OPTIONS:

1. *FASTER* training only (\$120)

FASTER training held at Maysa arena two days per week (Tues/Thurs) with Kevin Melby for one hour of hockey specific dryland training. Starts June 7th

2. *FASTER* training with Ex. Phys (\$170)

Training will be scheduled two days per week with Exercise Physiology at Magic City Campus (Mon/Wed) and two days per week with Kevin Melby at Maysa arena (Tues/Thurs), for one hour of hockey specific dryland training. Begins June 6th

Please circle which option you choose

Sign up deadline May 13th! Contact Robyn Gust at Trinity Sports Medicine (857-3486) or Kevin Melby at the Minot High Athletic Training Room (857-4581) for more info.

T-shirt size Sm Med Lg XL XXL Hockey Program _____

Name _____ Phone _____

Address _____ City _____ Zip _____

I am entering grade _____. Please check Male _____ Female _____

FASTER Session times: 7:30 8:30 9:30

Exercise Physiology Time: 10:45 – 12:00

Needed to complete application: Application form Medical History Waiver Payment made to Trinity