

# Registration

Return this form with full payment.

Participant's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

List team you played for during the 18-19 season: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Traveling players MUST list AA, A, or B1 level.

This line must be completed or application will not be processed.

List any health problems that we should be aware of: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

\_\_\_\_\_

*The school's directors will not be responsible for any injuries or loss of property while student is attending school. The signature on this form absolves the school of all responsibility.*

Total Amount Enclosed: \$ \_\_\_\_\_

**Make checks payable to Andy Ness, ProEdge Power, LLC**

**Mail registration form and payment to:**

ProEdge Power  
P.O. Box 411 • Savage, MN 55378

**You will receive a confirmation of registration via email one week before camp begins.**

**CAMP COSTS ARE NON-REFUNDABLE**

Email:  
office @proedgepower.com

Questions?  
Call 651-770-7324.

Register online at  
www.ProEdgePower.com!

## SPRING - BEST OF BOTH WORLDS: Spring - TRIA Shoot & Skate 6-Day Session

- \_\_\_ Squirts & Pee Wees (\$595)
- \_\_\_ Bantams & High School (\$595)

## 8-Day Session (M/W)

- \_\_\_ Squirts & Pee Wees (\$715)
- \_\_\_ Bantams & High School (\$715)

## Extra 8-Day HIGHLAND Session (T/Th)

- \_\_\_ Bantams & High School (\$715)

## SUMMER - MITES & SQUIRTS

### Girls and Boys

#### Highland Camps

- \_\_\_ Mites (\$145)
- \_\_\_ Squirts (\$145)
- \_\_\_ Mites & Squirts (\$145)

#### Mites & Squirts - Braemar

- \_\_\_ Mites (\$145)
- \_\_\_ Squirts (\$145)

## SUMMER - SMALL GROUPS

### Girls - Highland

- \_\_\_ U10 & U12 (\$415)
- \_\_\_ U14 & High School (\$415)

### Boys - Highland

- \_\_\_ Mites & Squirts (\$415)
- \_\_\_ Pee Wees (\$415)
- \_\_\_ Bantams, JV & Varsity (\$415)

### Boys - Braemar

#### M/W Series

- \_\_\_ Squirts & Pee Wees (\$415)
- \_\_\_ Bantams & High School (\$415)

#### T/Th Series

- \_\_\_ Squirts & Pee Wees (\$415)
- \_\_\_ Bantams & High School (\$415)

## FALL:

### Get Ready for Tryouts - Highland

- \_\_\_ Mites & Squirts Girls and Boys (\$365) T/Th
- \_\_\_ Pee Wee Boys (\$365) T/Th
- \_\_\_ Bantams & High School Boys (\$365) T/Th
- \_\_\_ Extra Mites & Squirts (\$365) M/W

## FALL - BEST OF BOTH WORLDS:

### Symposium - Stillwater

- \_\_\_ Advanced Mites & Squirts (\$415)
- \_\_\_ Pee Wees (\$415)
- \_\_\_ Bantams & High School (\$415)

# Director and Instructors

## ANDY NESS, Director

- Minnesota Wild Skill Development / Skating Coach
- Former Assistant Skating Coach for the Minnesota Gophers, New Jersey Devils and the U.S. Olympic Team
- Certified by ACE (Personal Trainer)

## DIANE NESS, Director

- U.S. Gold Medalist in figures and freestyle
- Minnesota Wild Skating Coach
- Skating Coach for the U.S. Olympic Women's 2010 Team
- Former Skating Coach for the Minnesota Gophers Men's and Women's Teams and Former Skating Instructor for the New Jersey Devils
- 46 years of teaching experience

## TROY STEVENS, Director

- Skating Coach for Pavel Datsyuk Camp, Ekaterinburg, Russia
- Former Assistant Skating Coach for the Minnesota Gophers, New Jersey Devils and the U.S. Olympic Team
- Certified by ACE (Personal Trainer)

## SCOTT BJUGSTAD

- Minnesota Wild Shooting Coach
- Former NHL Player (Minnesota North Stars & LA Kings)
- Former Minnesota Gopher and U.S. Olympic Team Player

## JESSE SAMPAIR

- Former College/Minor League Pro Player

# Instructors

*Guest Instructors from the NHL will be at different camps*

## BUTCH KAEBEL

Head Coach CHL & ECHL Teams  
Player for St. Louis Blues' Organization

## LANCE STEVENS

Skating Instructor

## ADAM JOHNSON

Skating Instructor

## JOHN SEIBEL

Skating Instructor

## -- PLEASE NOTE --

- EQUIPMENT REQUIRED: Helmet with approved face mask, stick, shin pads, athletic support with protective cup, internal mouth guard, elbow pads, shoulder pads, gloves, breezers and skates.
- T-Shirts will be handed out the first day of camp.
- You will receive a confirmation email one week before camp begins.
- All camps will have limited numbers and registration is on a first come, first serve basis.

## CAMP COSTS ARE NON-REFUNDABLE

LEVEL REQUIREMENT FOR 2019:

ALL PEE WEES/BANTAMS/H.S. MUST BE AA, A OR B1 PLAYERS



**ANDY NESS & DIANE NESS**  
Minnesota Wild Skating Coaches

# 2019 SPRING, SUMMER & FALL CAMP SCHEDULE



## TRIA Rink (WILD Practice Facility)

400 Wabasha Street North, St. Paul, MN 55102  
651-726-8742 | Triarink.com

## Charles M. Schulz - Highland Arena

800 Snelling Avenue South, St. Paul, MN 55116  
651-695-3766

## Braemar Ice Arena

7501 Ikola Way, Edina, MN 55439  
952-833-9500

## St. Croix Rec Center (Stillwater)

1675 Market Drive, Stillwater, MN 55082  
651-430-2601 | www.stcroixreccenter.com

**WWW.PROEDGEPOWER.COM**

## SPRING - BEST OF BOTH WORLDS

### SHOOTING & SKATING CAMP at TRIA RINK

**Instructors:** Scott Bjugstad and Andy Ness, assisted by Diane Ness

**Location:** TRIA Rink (400 Wabasha Street North, St. Paul)

All sessions include 45 minutes of shooting instruction and 45 minutes of skating instruction. Pee Wees/Bantams/H.S. **MUST be AA, A or B1 players.**

#### SIX-DAY SESSION at TRIA RINK

**Dates:** April 9, 10, 11, 16, 17 & 18 (T/W/Th)

**Cost:** \$595.00. Payment due at time of registration.

#### SQUIRTS & PEE WEES

Squirts and Pee Wees are separated into their own sections.

**Time:** 5:30 PM – 7:00 PM

#### BANTAMS & HIGH SCHOOL

**Time:** 7:10 PM – 8:40 PM

#### EIGHT-DAY SESSION at TRIA RINK

**Dates:** April 22, 24 & 29, May 1, 6, 8, 13 & 15 (M/W Series)

**Cost:** \$715.00. Payment due at time of registration.

#### SQUIRTS & PEE WEES

**Time:** 5:30 PM – 7:00 PM

#### BANTAMS & HIGH SCHOOL

**Time:** 7:10 PM – 8:40 PM

#### EXTRA EIGHT-DAY SESSION at HIGHLAND ARENA

**Location:** Highland Arena (800 Snelling Ave S, St. Paul)

**Dates:** April 23, 25 & 30, May 2, 7, 9, 14 & 16 (T/Th Series)

**Cost:** \$715.00. Payment due at time of registration.

#### BANTAMS & HIGH SCHOOL ONLY

**Time:** 7:15 PM – 8:45 PM

## SUMMER - MITES & SQUIRTS

#### HIGHLAND CAMP Directed by Diane Ness & Andy Ness

**Location:** Highland Arena (800 Snelling Ave S, St. Paul)

**Dates:** June 10-14 (M-F)

**Cost:** \$145.00. Payment due at time of registration.

#### MITES

Boys and girls combined.

**Time:** 9:15 AM – 10:15 AM

#### SQUIRTS

Boys and girls combined.

**Time:** 10:25 AM – 11:25 AM

#### MITES & SQUIRTS

Mites and squirts will be separated.

**Time:** 11:35 AM – 12:35 PM

#### BRAEMAR CAMP Directed by Andy Ness

**Location:** Braemar West Arena (7501 Ikola Way, Edina)

**Dates:** June 17-21 (M-F)

**Cost:** \$145.00. Payment due at time of registration.

#### MITES

Boys and girls combined.

**Time:** 10:40 AM – 11:40 AM

#### SQUIRTS

Boys and girls combined.

**Time:** 11:50 AM – 12:50 PM



## SUMMER - SMALL GROUP

These popular camps are offered in a small group format. Groups are split according to age and ability. Camps concentrate on developing individual skills, with a focus on deeper, stronger edges and better balance. **Apply early-- very limited space!**

Pee Wees/Bantams/H.S. **MUST be AA, A or B1 players.**

#### GIRLS - HIGHLAND CAMPS

Directed by Andy Ness & Diane Ness

**Location:** Highland Arena (800 Snelling Ave S, St. Paul)

**Dates:** July 9, 11, 16, 18, 23 & 25 (T/Th)

**Makeup session:** July 26, 10:10 AM - 11:10 AM

**Cost:** \$415.00. Payment due at time of registration.

#### U10 & U12

**Time:** 9:00 AM – 10:00 AM or  
10:10 AM – 11:10 AM

#### U14 & HIGH SCHOOL

**Time:** 11:20 AM – 12:20 PM

#### BOYS - HIGHLAND CAMPS

**Location:** Highland Arena (800 Snelling Ave S, St. Paul)

**Dates:** July 8, 10, 15, 17, 22 & 24 (M/W)

**Makeup session:** July 26, 10:10 AM - 11:10 AM

**Cost:** \$415.00. Payment due at time of registration.

Pee Wees/Bantams/H.S. **MUST be AA, A or B1 players.**

#### ADVANCED MITES & SQUIRTS

**Time:** 10:10 AM – 11:10 AM

#### PEE WEES

**Time:** 11:20 AM – 12:20 PM

#### BANTAMS, JV & VARSITY

**Time:** 12:30 PM – 1:30 PM

#### BOYS - BRAEMAR CAMPS

Directed by Andy Ness

**Location:** Braemar Arena (7501 Ikola Way, Edina)

**Makeup Session:** Aug. 16, 10:45 AM - 11:45 AM

**Cost:** \$415.00. Payment due at time of registration.

Pee Wees/Bantams/H.S. **MUST be AA, A or B1 players.**

#### MON/WED SERIES

**Dates:** July 29, 31, Aug. 5, 7, 12 & 14 (M/W)

#### SQUIRTS & PEE WEES

Squirts and Pee Wees will be separated.

**Time:** 9:30 AM – 10:30 AM

#### BANTAMS & HIGH SCHOOL

**Time:** 10:40 AM – 11:40 AM

#### TUES/THURS SERIES

**Dates:** July 30, Aug. 1, 6, 8, 13 & 15 (T/Th)

#### SQUIRTS & PEE WEES

Squirts and Pee Wees will be separated.

**Time:** 9:30 AM – 10:30 AM

#### BANTAMS & HIGH SCHOOL

**Time:** 10:40 AM – 11:40 AM



## FALL - GET READY CAMP

### GET READY FOR TRYOUTS CAMP

Directed by Andy Ness, assisted by Diane Ness

**Location:** Highland Arena (800 Snelling Ave S, St. Paul)

**Dates:** Aug. 20, 22, 27, & 29, Sept. 3, 5, 10 & 12 (T/Th)

**Cost:** \$365.00. Payment due at time of registration.

#### MITES & SQUIRTS

Boys and girls combined; mites and squirts will be separated.

**Time:** 5:30 PM – 6:30 PM

#### PEE WEE BOYS (Must be AA, A or B1 player)

**Time:** 6:40 PM – 7:40 PM

#### BANTAMS & HIGH SCHOOL BOYS (Must be AA, A or B1 player)

**Time:** 7:50 PM – 8:50 PM

## EXTRA MITES & SQUIRTS

Directed by Andy Ness

**Location:** Highland Arena (800 Snelling Ave S, St. Paul)

**Dates:** Aug. 19, 21, 26 & 28, Sept. 4, 9, 11 & 16 (M/W) No Ice on Labor Day  
**Cost:** \$365.00. Payment due at time of registration.

**Time:** 5:30 PM – 6:30 PM

## FALL - BEST OF BOTH WORLDS

### SYMPOSIUM at ST. CROIX VALLEY REC CENTER

Our newly revised fall symposium is going to bring together the best hockey has to offer! Skaters will get a full weekend of skating, shooting, puck handling, and strength training. Each skater will be able to learn and develop skills right before tryouts and the hockey season. The camp will be held in historic Stillwater, which offers plenty of activities for parents and families staying from out of town. Pee Wees/Bantams. **MUST be AA, A or B1 players.**

**Instructors:** Scott Bjugstad, Diane Ness, Andy Ness, and Troy Stevens, Butch Kaebel with guest instructors Cal Dietz (MN Gophers strength and conditioning coach), Jesse Sampair and John Seibel.

**Location:** St. Croix Valley Rec Center (1675 Market Drive, Stillwater)

**Dates:** September 7 & 8

**Cost:** \$415.00. Payment due at time of registration.

#### ADVANCED MITES & SQUIRTS

**Time:** 8:00 - 1:00 PM Sat.

8:30 - 2:00 PM Sun.

#### PEE WEES

**Time:** 8:30 AM - 1:30 PM Sat.

9:45 AM - 3:30 PM Sun.

#### BANTAMS/HIGH SCHOOL

**Time:** 11:00 AM - 3:45 PM Sat.

11:00 AM - 4:00 PM Sun.

