



Design Your Own Camp

That's right, we come to you. Get a private group or your AAA team and we bring the Steffen Hockey Training Camp to you. Convenience is everything! You get to pick the arena and ice times that work best for your group.

We train several private groups including Hill-Murray HS and Minnesota Blades AAA Teams. Looking to gain an edge for your elite team? Bring a NHL Level Skating & Strength Coach in to train them. One on one and small group training is also available. Pricing: \$150-\$350 depending on training session.

Steffen Hockey Training Provides Professional Skill Development

The focus is on skating and Steffen Dynamic Skating Techniques are done once a week. It is an innovative and efficient program that works over 1,000 edges in a single session. Scott originally designed the program for his pro players and has now modified it all the way down to the mite level. He uses the same concepts, but provides drills to match the level of skill and age. The professional skating program provides guaranteed results!

High speed puck carrying, overspeed, stickhandling, shooting and passing will be worked on during the other training days.

Dry land will consist of movement stretching, plyometrics, power stances, speed ladders, balance drills and sprint intervals. The program is once again modified to match skill level and age. As a Certified Strength Coach and Conditioning Coach, Scott's goal is to increase the athletes overall athleticism during the dry land. Better athletes make better hockey players!

Players will be grouped by skill level and age. Our goal is to provide a competitive and challenging environment for each player. The Steffen Hockey Training benefits players of all ages and skill levels that strive to improve.

Summer Camps

White Bear Sports Center

Mon. & Wed, June 14th - July 19th

No Camp June 28th, 30th & July 5th

Squirt / Mite: Ice 2:30-3:30, Dry land 3:40-4:40

HS / Bantam / Pee-Wee: Ice 3:45-4:45, Dry land 4:55-5:40

Cost: \$300.00 per player / goalies \$100.00

Players are grouped by skill level and age

Eden Prairie Community Center

Mon., & Wed., August 2nd – 25th

H.S. / Bantam / Elite Pee-Wee: Ice 1:00-2:00,

Dry land 2:10-2:55

Cost: \$300.00 per player / goalies \$100.00

Players are grouped by skill level and age

SPA / Drake Arena

Mon. & Wed., August 2nd - 25th

HS / Bantam / Pee-Wee: Ice 4:00-5:00, Dry land 5:10-5:55

Cost: \$250.00 per player / goalies \$100.00

Players are grouped by skill level and age

Woodbury / Bielenberg Arena

Tues. & Thurs. August 3rd- 26th

Mite: Ice 1:00-2:00, Dry land 2:10-2:55

Elite Squirt / Pee-Wee: Ice 2:10-3:10, Dry land 3:20-4:05

Elite Bantam / H.S.: Ice 3:20-4:20, Dry land 4:30-5:15

Cost: \$300.00 per skater / goalies \$100.00

Scott Steffen and Mike Guentzel (Coach Des Moines Buccaneers) will be running this camp together.

Fall Camps

Woodbury Arena

HS / Elite Bantam Pre Try-Out Clinic

September-October

Dates and times will be available by June 1st

Edina / Braemar Arena Pre Try-Out Clinic

Tues., Thurs. & Sat, Sept. 7th - 23rd

Bantam / Pee-Wee / Elite Squirt

Tues. & Thurs Ice: 4:15-5:15, Dry land 5:10-6:10

Saturdays Ice: 3:30-4:30, Dry land 4:40-5:40

Cost: \$350.00 per player / goalies \$100.00

Players are grouped by skill level and age

Edina / Braemar Arena Pre Try-Out Clinic

Tues., Thurs. & Sat. Oct. 5th – 23rd

High School / Elite Bantam

Tuesdays & Thursdays: Ice 4:15-5:15, Dry land 5:10-6:10

Saturdays: Ice 3:30-4:30, Dry land 4:40-5:40

Cost: \$350.00 per player / goalies \$100.00

Register Today!

- All players registered and paid in full by May 1st will receive a \$25.00 discount.
- Fall camp deadline is August 1st to receive the discount.

Send in a \$150.00 deposit immediately to guarantee a spot.

Fill out registration form on the back of the brochure. Payments are non-refundable.

Make checks payable and mail to:

Scott Steffen Training LLC

3149 Hidden Lake Pointe Dr

White Bear Lake, MN 55110

651-707-5895

www.steffentraining.com

steffentraining@att.net

Head Instructor: Scott Steffen

NHL Level Skating & Strength Coach

Twelve Year Hockey Training Specialist, Mite - Professional

Trained over 1,500 college and professional players

Owner Minnesota Super Leagues

Professional hockey trainers and certified strength and conditioning specialists will be assisting with the program. Guest instructors will include current professional and college players.

Youth Associations and Team Training

We specialize in skill development programs for individual teams and youth hockey associations. Ask about our new Mite Skating & Skills Program.



We are now accepting applications for the Jr. Blades. Please go to www.steffentraining.com for more information.

Scott Steffen is the head coach of the 1995, 2000 Minnesota Blades. He also coaches the 2003 / 2004 Minnesota Jr. Blades. During the camps, he and his staff will be evaluating and scouting players for Minnesota Blades AAA teams.