



Lightning Training

High School & 15U

June 13th – August 8^h

- On-ice Individual Skill Development
- Edgework & Power Skating
- Position Specific Skill Work

\$240.00

Payable to:
Lightning Booster Club (LBC)

*Lightning Summer Tourney
July 12-14

Ice Schedule

JUNE – Hodgins-Berardo Arena

Thursday June 13 — 6:30-7:45pm
Friday June 14 — 3:30-4:30pm

Tuesday June 18 — 6:30-7:45pm
Thursday June 20 — 6:30-7:45pm

Tuesday June 25 — 6:30-7:45pm
Thursday June 27 — 6:30-7:45pm

JULY – Yanmar Arena

Monday July 8 — 11:40am-12:50pm
Tuesday July 9 — 11:40am-12:50pm
Thursday July 11 — 11:40am-12:50pm

Mon July 15 — Thur July 18

*See Fryklund Hockey
Flyer above for registration
during July 15-18 week



Monday July 22 — 11:50am-1:00pm
Tuesday July 23 — 11:50am-1:00pm
Thursday July 25 — 11:50am-1:00pm

Monday July 29 — 11:30am-12:40pm
Tuesday July 30 — 11:30am-12:40pm
Thursday August 1 — 11:30am-12:40pm

AUGUST – Yanmar Arena

Tuesday August 6 — 11:30am-12:40pm
Thursday August 8 — 11:30am-12:40pm



Fryklund Hockey 2024 Girls Hockey Summer Camps

Fryklund Hockey Camp is dedicated to enhancing the skills of female hockey players and empowering them to reach their full potential. Led by a team of experienced coaches, our camp places a significant focus on skill development, learning, and leadership all within an engaging and challenging environment. Daily activities include on-ice sessions, interactive classroom learning, and dynamic off-ice activities. Beyond skill refinement, our camp is committed to empowering the next generation of female hockey players. Join us and be part of a dynamic learning environment designed to elevate skills and instill a genuine passion for the sport.

Hibbing, MN	Grand Rapids, MN	Bemidji, MN
Camp 1 June 3-6, 2024	Camp July 15-18, 2024	July 29-August 1, 2024
Camp 2 June 17-20, 2024	7:30 am - 12:30 pm/daily	11:00 - 4:00 pm/daily
7:30 am - 12:30 pm/daily	*All camps are open to all - only limited by age or camp numbers.	

- Camp Structure:
- Ice Session
 - Off-Ice Skills
 - Classroom
 - Lunch
- Age Groups:
- 10U/Ages 9 & 10
 - 12U/Ages 11 & 12
 - 13+/Ages 13-18
- Cost:
\$350-\$375/Camp



Registration
Register: www.fryklundhockey.com
Questions: fryklundhockey@gmail.com

Questions?

Brad Hyduke
218-213-6338
bhyduke@isd318.org

VENMO QR Code or
mail Check (to LBC)
& Camp Waiver to:

35634 Johnson Lane
Cohasset, MN 55721

Lisa Carsrud
@GRGLIGHTNING



venmo

Player Name: _____

T-shirt (adult) Size: _____

Address: _____

Parent Phone # _____

Athlete Phone # _____

Emergency Contact # _____
Medical Insurance Co: _____
Policy # _____
Physician Name: _____

***RELEASE OF LIABILITY:** I understand that participation and/ or observation of the sport of hockey constitutes a risk of serious injury, including permanent paralysis or death. I have read this waiver and knowingly recognize, accept, and assume the mentioned risk. I release all personnel of any liability for claims, accidents, injury or loss resulting from participation in the Lightning Booster Club sponsored hockey training.

Parent Signature: _____

Date: _____