

SPRING RINK: CAPITAL ICE COMPLEX, 1504 Wichita Drive, Bismarck ND Questions? Call Sherry 701-426-5354

	DAY	TIME	RINK	PROGRAM	LEVEL (Current or Fall)
HIGH SCHOOL. Full ice conditioning, hockey-skating-game skills. Coach Braxton Neas-Univ. of Jamestown					
8 hours \$160. (Goalies \$85)					
31-Mar	MON	4:00PM - 5:00PM	SCHAUMBERG	Advanced Skills & Games	High School
7-Apr	MON	4:00PM - 5:00PM	WACHTER	Advanced Skills & Games	High School
14-Apr	MON	4:00PM - 5:00PM	WACHTER	Advanced Skills & Games	High School
21-Apr	MON	4:00PM - 5:00PM	WACHTER	Advanced Skills & Games	High School
28-Apr	MON	4:00PM - 5:00PM	WACHTER	Advanced Skills & Games	High School
5-May	MON	4:00PM - 5:00PM	WACHTER	Advanced Skills & Games	High School
12-May	MON	4:00PM - 5:00PM	WACHTER	Advanced Skills & Games	High School
19-May	MON	6:45PM - 7:45PM	WACHTER	Advanced Skills & Games	High School

BANTAM LEVEL UP: Coaches Tim Meyer, Braxton Neas, Ron Mansmith. Coach Dean Stork-Univ of Jamestown
Checking, Angling, Puck Protection, Battle Drills. 10.5 hrs \$200. Or Wed (5 hr) \$110. Wkend Checking (\$25/hr) Goalies \$100/9.5 hrs

18-Apr	FRI	7:45PM - 8:45PM	WACHTER	Level Up Skills & Battle Drills	Bantam - Checking (SCHEDULE CHANGE)
19-Apr	SAT	9:00AM - 10:00AM	WACHTER	Level Up Skills & Battle Drills	Bantam - Checking (SCHEDULE CHANGE)
23-Apr	WED	8:15PM - 9:15PM	WACHTER	Level Up Skills & Battle Drills	Bantam
25-Apr	FRI	7:30PM - 8:45PM	WACHTER	Level Up Skills & Battle Drills	Bantam - Checking (SCHEDULE CHANGE)
26-Apr	SAT	9:00AM - 10:15AM	WACHTER	Level Up Skills & Battle Drills	Bantam - Checking (SCHEDULE CHANGE)
30-Apr	WED	8:15PM - 9:15PM	WACHTER	Level Up Skills & Battle Drills	Bantam
7-May	WED	8:15PM - 9:15PM	WACHTER	Level Up Skills & Battle Drills	Bantam
14-May	WED	8:15PM - 9:15PM	WACHTER	Level Up Skills & Battle Drills	Bantam
21-May	WED	7:00PM - 8:00PM	WACHTER	Level Up Skills & Battle Drills	Bantam

POWERSKATE & SCORE: PowerSkating Coach Tanya Fyfe & Hockey Coach Braxton Neas-University of Jamestown
Small group powerskating, edges, agility, balance, and interactive scoring drills. 7 sessions \$155 Limit 15 players, 2 goalies (\$75)

10-Apr	THURS	5:15PM - 6:15PM	WACHTER	Level Up Skate & Score	PW-12U & Bantam-14U/15U
17-Apr	THURS	5:15PM - 6:15PM	WACHTER	Level Up Skate & Score	PW-12U & Bantam-14U/15U
24-Apr	THURS	5:15PM - 6:15PM	WACHTER	Level Up Skate & Score	PW-12U & Bantam-14U/15U
1-May	THURS	5:15PM - 6:15PM	WACHTER	Level Up Skate & Score	PW-12U & Bantam-14U/15U
8-May	THURS	5:15PM - 6:15PM	WACHTER	Level Up Skate & Score	PW-12U & Bantam-14U/15U
15-May	THURS	5:15PM - 6:15PM	WACHTER	Level Up Skate & Score	PW-12U & Bantam-14U/15U
21-May	WED	5:45PM - 6:45PM	WACHTER	Level Up Skate & Score	PW-12U & Bantam-14U/15U

Game Changer Hockey & Skating Skills, Puck Control & Protection, Small Area Games & Battle Drills. Coaches B. Neas, Meyer, Mansmith.

SQ-10U & PW-12U-14U 9 sessions \$150 Players/\$85 Goalies. Pay by the Session \$22/hr (Space Available)

6-Apr	SUN	2:45PM - 3:45PM	WACHTER	Game Changer Skills & Games	SQ-10U & PW-12U-14U
13-Apr	SUN	6:00PM - 7:00PM	WACHTER	Game Changer Skills & Games	SQ-10U & PW-12U-14U
18-Apr	FRI	6:30PM - 7:30PM	WACHTER	Game Changer Skills & Games	SQ-10U & PW-12U-14U (SCHEDULE CHANGE)
19-Apr	SAT	10:15AM - 11:15AM	WACHTER	Game Changer Skills & Games	SQ-10U & PW-12U-14U
24-Apr	THURS	7:45PM - 8:45PM	WACHTER	Game Changer Skills & Games	SQ-10U & PW-12U-14U
25-Apr	FRI	7:30PM - 7:30PM	WACHTER	Game Changer Skills & Games	SQ-10U & PW-12U-14U (SCHEDULE CHANGE)
26-Apr	SAT	10:15AM-11:15AM	WACHTER	Game Changer Skills & Games	SQ-10U & PW-12U-14U
27-Apr	SUN	2:15PM - 3:15PM	WACHTER	Game Changer Skills & Games	SQ-10U & PW-12U-14U
4-May	SUN	5:00PM - 6:00PM	WACHTER	Game Changer Skills & Games	SQ-10U & PW-12U-14U