



## Fall 2025 Preseason Bootcamp's

### Squirt / Peewee

**Price:** \$479 (Cash, Check, or Venmo @truefoundation due on day 1.)

**Location:** Polar Ice Arena in North St. Paul

**Days, time, & duration:** 10 x 60-minute training sessions on Tuesdays and Thursdays after school at 3:45 PM.

**Program Description:** The developmental focus or theme of this program is to replicate and simulate high intensity, and realistic game tempo primarily in the areas of skating, passing, and most importantly, game-ready cardio and conditioning. Through a blend of interval training, competition, and our unique CNS overspeed training system, we guarantee to send your kid into tryouts more confident by being best prepared and in game-ready conditioning.

**Session Dates:**

- |                               |                                |
|-------------------------------|--------------------------------|
| - Tuesday, September 2, 2025  | - Thursday, September 4, 2025  |
| - Tuesday, September 9, 2025  | - Thursday, September 11, 2025 |
| - Tuesday, September 16, 2025 | - Thursday, September 18, 2025 |
| - Tuesday, September 23, 2025 | - Thursday, September 25, 2025 |
| - Tuesday, September 30, 2025 | - Thursday, October 2, 2025    |

### Bantam / High School

**Price:** \$434

**Location:** Polar Ice Arena in North St. Paul

**Days, Time, & Duration:** 9 x 60-minute training sessions on Mondays and Wednesdays after school at 3:45 PM.

**Program Description:** The developmental focus or theme of this program is to replicate and simulate high intensity, and realistic game tempo primarily in the areas of skating, passing, and most importantly, game-ready cardio and conditioning. Through a blend of interval training, competition, and our unique CNS overspeed training system, we guarantee to send your kid into tryouts more confident by being best prepared and in game-ready conditioning.

**Session Dates:**

- |                                 |                              |
|---------------------------------|------------------------------|
| - Wednesday, September 3, 2025  | - Monday, September 8, 2025  |
| - Wednesday, September 10, 2025 | - Monday, September 15, 2025 |
| - Wednesday, September 17, 2025 | - Monday, September 22, 2025 |
| - Wednesday, September 24, 2025 | - Monday, September 29, 2025 |
| - Wednesday, October 1, 2025    |                              |



## **Registration**

please go to the web address below to complete your registration form. Also please complete your payment by the first session. Thank you and we look forward to serving you in your hockey career.

Registration form link: <https://forms.gle/AyhnXKuyPcMisJ1g9>