

Lamplighter Hockey Makes Donation to Warroad Arena

For three weeks in May 2011, Lamplighter Hockey, which is run by Warroad hockey coach Tim Slukynsky, provided hockey shooting and stick handling training to area hockey players. Sessions were held in the evenings in the Olympic Arena.

Due to the reduced hours and work available in the local area, the fee for registration was a donation of ANY amount to the arena. Having a FREE hockey camp is unheard of - anywhere. As a result of these three weeks of instruction, a donation of \$1,300 was given to the Warroad Memorial Arena Association from Lamplighter Hockey. This gift will be used to purchase new nets for the arenas.

It is fitting the money is used to buy new nets, as the name Lamplighter Hockey comes from the phrase, "Light the lamp!", which is often heard during hockey broadcasts

and highlight reels when a goal is scored. The objective of Lamplighter Hockey High Performance Training is to provide hockey players with the tools and skills to score more goals.

Lamplighter Hockey was started in 2009 in order to provide local hockey players a chance to receive quality instruction and practice some of the skills that are often overlooked during the hockey season. Most coaches don't have the time or resources available during the regular season to work on some of the individual skills, such as shooting and stick handling, and these training sessions provide that.

Mission of Lamplighter Hockey

To be the best provider of hockey skills training. This will be accomplished by providing an environment where athletes are:

- encouraged to push themselves out of their comfort zones

- given honest feedback, which will help them grow

- taught that training for hockey can be fun

Lamplighter Hockey High Performance Training will be providing additional camps in Warroad, Roseau and Baudette in September and will also be making a road trip to Silver Bay, MN, to hold a weekend camp there. More information can be found at www.lamplighterhockey.com.

Lamplighter Hockey has U.S. Patent Pending status on an innovative hockey stick weight. This stick weight will revolutionize the way hockey players train and absolutely will improve a hockey player's shot velocity, stick handling skills and upper body strength. More information on this can be found at www.hockeystickweight.com.