



"Under the guidance of head coach Dave Palmquist, South St. Paul girls' hockey has built a tradition that is unparalleled. State championships and college success have been earned by year-round development of hockey skills and athleticism, and the Packer work ethic is well known around the state. Dave and the coaching staff work tirelessly-analyzing concepts that have brought success in past years and combining them with the most up-to-date facilities and training information in the world. Therefore, any girl who is committed to these on-ice and off-ice programs can be sure this is the best investment of time and energy -that hard work is rewarded with significant improvement."

Jack Blatherwick –United States Hockey Hall of Fame

Dave Palmquist, School Director

- Head Girls' Coach – South St. Paul High School
- 36 Years as a Head Coach
- Built the highly successful South St. Paul Girls' Hockey program since its inaugural year in 1994.
- Longest Serving and Winningest Coach in MN Girls High School Hockey
- Hall of Fame Coach
- Coach of the Year, 1999 and 2001
- Six-time Section Coach of the Year
- Four State High School Titles
- Record 16 State Tournament Appearances
- Developed and Coached 20+ Division I Players
- Career Coaching Wins of 600+
- State Team Record 86-Game Unbeaten Streak
- Emmy Award Winning TV Analyst for MN Boys State Hockey Tournament



Summer 2023



THE BEST GIRL'S CAMP! (AT A GREAT PRICE)

- Featured coach in *Legends & Legacies: Celebrating a Century of Minnesota Coaches* by Ross Bernstein

Program Schedule (June 12th - July 28th)

6 Week Program

Mondays/Wednesday / Thursday

Session 1 (7th – 12th Grade - High School Session) –

Monday/Thursday – 8:10-9:25 am

Wednesday – 7:00-8:15 am

Week of July 10 and July 24 – 7:00-8:15 am

Session 2 (2nd – 6th Grade) –

Monday/Thursday – 9:35-10:55 am

Wednesday – 8:25-9:40 am

Week of July 10 and July 24 – 8:25-9:40 am

(No Hockey the week of July 3-7)

Registration Information

Session attending (circle one):

Session 1 Session 2

PRICING

Cost - \$475

South St. Paul Resident - \$425

2nd Child is ½ price

Session 1 – 7th – 12th grade \$ _____

Session 2 – 2nd – 6th grade \$ _____

Goalies: \$100 \$ _____

T-shirt size – Adult Sizes (circle one): YL S

M L

Jersey size (circle one): YL S M L

Registration Policies

- First come first serve policy
- Space will be limited each Session
- ½ payment due with registration
- Full Payment due 1st day of camp
- Camp t-shirt included in price
- No refunds

Player's name: _____ Age: _____

Grade (Fall 2023): _____

Address:

City:

Zip Code: _____ Phone (Cell): _____

Email: _____

Palmquist Hockey School and/or its proprietors will not be held

responsible for any accidents or loss however caused and agrees to release the proprietors from all claims or damages which may arrive because of or by reason of such accidents or loss. No refund policy.

Parent/Guardian Signature_____

Date _____

Send application with payment to the following address:

Make check payable to:

Dave Palmquist

341 5th Avenue North, South St. Paul, MN 55075