



# RAISING THE BAR SINCE 2015



## 2025 TOP SHELF HOCKEY POWER SKATING & SKILLS DEVELOPMENT SERIES

**WHERE?** Ames / ISU Ice Arena – Ames, IA

**WHEN?** Sunday, March 23 – Thursday, April 24, 2024

**DESCRIPTION:** Top Shelf Hockey & Kiana Berntson of KJ Power Skating are teaming up for the 4<sup>th</sup> consecutive year to bring you this unique opportunity to focus on both **SKATING & SKILLS**. Kiana brings expertise from over 15 years of competitive skating and 8 years of coaching to work with and sharpen your players' stride & edges, along with improving quickness and efficiency on the ice. In conjunction with skating, the **Top Shelf Hockey** staff will focus on skills development to improve passing, shooting, and puck handling at speeds outside their comfort zone. The goal of the program is to have each player find their higher level to translate to game play!

**WHAT'S INCLUDED:** Instruction will include **14 hours (14 sessions)** of ice-time over a 5-week period.

Instructors for the series are highlighted here, but not limited to:

- **Kiana Berntson** – A U.S. Figure Skating quadruple gold medalist with 15 years of competitive figure skating throughout the Midwest. Kiana is currently a figure skating Coach with the Ames Figure Skating Club and hockey power skating coach with AMHA. In her free time, she also spends time working with the Cyclone Hockey team!
- **Brian Wierson** – Brian has worked extensively with Power Skating and Overspeed instructors at various camps and clinics over the past 25 years. Since 1998, Brian has coached every level from beginner to college having worked with AMHA, along with several other associations in the Midwest, including an Asst. Coach with Cyclone Hockey & High School teams in ND, MN, Des Moines, and Ames as well as the Head Coach of Ames from 2015 – 2017. Brian is proud to be a '92 Grad of AMHA!
- **Andrew Murdoch** – An Ames, IA native, Andrew played collegiately with Cyclone Hockey and represented Team USA at the 2003 Winter World University Games in Harbin, China. He spent time in Sweden while in high school as well as Canadian Jr. hockey in Manitoba and St. Louis. Andrew currently helps Coach at the AMHA Pee Wee level and is a '98 Grad of AMHA!
- **Brendan Sheehan** – Former Iowa State D3 Head Coach, High School Coach of Ames, and recipient of the 2013 American Collegiate Hockey Association [ACHA] Men's D3 Greg Stathis Coach-of-the-Year Award. Brendan has spent time working with development programs in Chicago & IA at the High School, Double A, Triple A, Junior, and Collegiate levels.

**Fee: \$300**

**Group #1 - Mites & Squirts**

**Group #2 - Pee Wees & Bantams**

Date	GROUP #1 – MITES & SQUIRTS	GROUP #2 – PEE WEES & BANTAMS
Sunday, Mar. 23	11:45 AM – 12:45 PM	12:45 PM – 1:45 PM
Tuesday, Mar. 25	5:45 PM – 6:45 PM	6:45 PM – 7:45 PM
Thursday, Mar. 27	5:45 PM – 6:45 PM	6:45 PM – 7:45 PM
Sunday, Mar. 30	11:45 AM – 12:45 PM	12:45 PM – 1:45 PM
Tuesday, Apr. 1	5:45 PM – 6:45 PM	6:45 PM – 7:45 PM
Thursday, Apr. 3	5:45 PM – 6:45 PM	6:45 PM – 7:45 PM
Sunday, Apr. 6	11:45 AM – 12:45 PM	12:45 PM – 1:45 PM
Tuesday, Apr. 8	5:45 PM – 6:45 PM	6:45 PM – 7:45 PM
Thursday, Apr. 10	5:45 PM – 6:45 PM	6:45 PM – 7:45 PM
Sunday, Apr. 13	11:45 AM – 12:45 PM	12:45 PM – 1:45 PM
Tuesday, Apr. 15	5:45 PM – 6:45 PM	6:45 PM – 7:45 PM
Thursday, Apr. 17	5:45 PM – 6:45 PM	6:45 PM – 7:45 PM
Tuesday, Apr. 22	5:45 PM – 6:45 PM	6:45 PM – 7:45 PM
Thursday, Apr. 24	7:15 PM – 8:15 PM	8:15 PM – 9:15 PM

Times / Groups / Schedules / Instructors / Locker Rooms ... ALL subject to change based on Registrations & Ice Availability

Register at: <https://top5shelf.com/registration/>

Email inquiries to: [brianwierson@gmail.com](mailto:brianwierson@gmail.com)

# REGISTRATION FORM

Name of Participant: \_\_\_\_\_ Age: \_\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone #1: \_\_\_\_\_

Parent / Guardian: \_\_\_\_\_ Phone #2: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone #3: \_\_\_\_\_

USA Hockey Conf #: \_\_\_\_\_ Last / Current Team: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

To register manually, make check payable to *Top Shelf Hockey* and mail REGISTRATION FORM to:

**Top Shelf Hockey / 1111 Curtiss Ave. / Ames, IA 50010**

Email inquiries to Brian Wierson at [brianwierson@gmail.com](mailto:brianwierson@gmail.com)

## RELEASE OF LIABILITY

I, the undersigned, the parent, or guardian of \_\_\_\_\_, a minor, does hereby approve my child's participation in Top Shelf Hockey Midwest, LLC and its sponsored activities. I hereby consent and acknowledge that my child will be subject to and shall assume the ordinary risks of such sponsored activities.

I further agree to hold harmless and release Top Shelf Hockey Midwest, LLC, its employees, staff members, agent, contractors and anyone associated with any activities sponsored by Top Shelf Hockey Midwest, LLC from any and all liability arising from such activities. I further agree to hold harmless and indemnify Top Shelf Hockey Midwest, LLC from any and all demands, claims and suits arising from such activities, including all judgments, costs and expenses, including attorney fees.

You must sign below or, if under the age of 18 years, the parent or guardian of the participant must sign.

I hereby certify I have read the foregoing and do hereby agree to abide and be bound by its terms.

Child's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Parent / Guardian Name: \_\_\_\_\_

Parent / Guardian Signature: \_\_\_\_\_