



Off-Season Hockey Program

May to August, 2011

Complete Strength and Conditioning Program for Hockey Players Serious about their Development (recommended age groups: Pee Wee to Junior)

Program Features:

- Individual fitness assessment and testing sessions with a Kinesiologist, pre and post program
- Custom designed 4 month training program individually molded to your needs and goals
- Personal attention to periodization, tracking progressions and goal setting
- Training takes place in small group settings with a maximum of 4 other athletes
- Stride Development for Power and Acceleration on our Skating Treadmill
- Additional resources on hydration, nutrition, active recovery, and in-season training
- Training designed and administered under the supervision of experienced Kinesiologists and Strength and Conditioning Specialists with a wealth of experience working with NHL, AHL, CHL, NCAA and BCHL athletes.

Program Schedule and Benefit Details:

5 Phases over 4 Months from May to August, 2011.

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| - Phase 1: Anatomical Adaptation | May |
| o Core, stability, flexibility and balancing movement patterns | |
| o (3 days/week) | |
| - Phase 2: Hypertrophy | May - June |
| o Building mass and setting the foundation for strength gains | |
| o (4 days/week) plus 1 treadmill/week | |
| - Phase 3: Strength and Power #1 | June - July |
| o Agility and maximum strength through functional range | |
| o (4 days/week) plus 1 treadmill/week | |
| - Phase 4: Strength and Power #2 | July - August |
| o Transferring strength gains to quickness and explosive power | |
| o (4 days/week) plus 1 treadmill/week | |
| - Phase 5: Managing Training Volume Heading into Camps and Tryouts | August |
| o Increase conditioning and taper workouts to aid recovery | |
| o 2-3 days/week depending on schedule | |

Program Price:

- 4 month complete program has a regular price value of nearly \$2400.00
- Total Package Price is only \$1499.00, however...
- until April 30th, save \$100 and only pay \$1399

Prices do not include tax.