



MBS OFF ICE HOCKEY TRAINING

MBS presents a summer strength and conditioning program dedicated to helping young hockey players realize the power within. Players will grow physically and mentally through a process-oriented training style tailored to each individual's needs. Training will focus on body control through core stability/ strengthening as well as speed, explosiveness and overall strength. These key components will translate directly to each players on ice performance.

Our Packages:

1X/Week= \$110+ hst/ month

2X/Week= \$180+ hst/month

3X/Week= \$260+ hst/month

Meet the Coaches:

Vinny Merante



Cassandra Calabrese

Vinny graduated from the Wilfrid Laurier University men's hockey program in 2017. Since returning home from a professional stint in Europe, Vinny has found a deep passion for exposing human potential and the power within. Vinny is currently the assistant coach for Wilfrid Laurier University Men's hockey, strength and conditioning coach for Wilfrid Laurier University athletics, and a goaltending coach in the Waterloo region.

Cassandra is currently the captain of the Wilfrid Laurier University women's hockey team. She is heading into her 4th year of university as a kinesiology major with a leadership background. She has a deep passion for working with young athletes and bringing out the very best in them. Cassandra has a strong knowledge and passion for strength and conditioning as well as nutrition and wellness.

Training times available: *please inquire about daytime training*

May: Monday, Wednesday & Thursday 4:00pm-8:00pm, Tuesday 6:00pm-8:00pm, Friday 4:00pm-7:00pm

June: Monday- Friday 4:00pm-7:00pm

July: Monday & Thursday 4:00pm-8:00pm, Tuesday & Wednesday 5:00pm-8:00pm

August: Monday & Thursday 4:00pm-8:00pm, Tuesday & Wednesday 5:00pm-8:00pm

For more information please contact:

Vinny Merante (716)531-0507 vmerante1@gmail.com Cassandra Calabrese (289)987-6991 cassiecal97@gmail.com

"The only way to feel true peace of mind is by knowing you left it all on the table. Knowing deep down that you have done everything you could to become the best player and person you could be. As long as you have done YOUR best and took advantage of all your opportunities, then you will be able to look back in life with no regrets." -MBS Hockey

Our Philosophy at MBS is simple. Control the controllable, while your destiny shapes itself.