

**ATTENTION MINOR HOCKEY PLAYERS!**

# HOCKEY TRAINING

# Spring Tryout

Preparation Program



**PART 1 - MARCH 2 - APRIL 10, 2020**

## 6 WEEK OFF-ICE TRAINING

Train 2-3 days per week with athletes in their specific age group. Programs are designed specifically for each age group with the goal of **increasing the key physical qualities of strength, speed, power and stamina** to help give players an edge on the competition during tryouts.

PROGRAM AGE/LEVEL	TRAINING SCHEDULE	PROGRAM COST
Minor Midget / Major Bantam (2005, 2006)	<ul style="list-style-type: none"> <li>Monday, Wednesday, Thursday   7:30 pm</li> <li>Monday, Wednesday, Friday   5:00 pm</li> <li>Saturday   10:30 am (Conditioning Package)*</li> </ul> <b>On-ice Camp Week of April 6</b> <ul style="list-style-type: none"> <li>Monday, Wednesday, Thursday   6:00 pm</li> <li>Monday, Wednesday, Friday   5:00 pm</li> </ul>	2 sessions/week \$240.00+HST  3 sessions/week \$324.00+HST  Saturday Conditioning \$50.00
Minor Bantam (2007)	<ul style="list-style-type: none"> <li>Tuesday, Thursday   7:00 pm</li> <li>Saturday   10:30 am (Conditioning Package)*</li> </ul>	2 sessions/week \$240.00+HST
Major Atom / Pee-Wee (2008, 2009, 2010)	<ul style="list-style-type: none"> <li>Tuesday, Thursday   6:00 pm</li> <li>Saturday   10:30 am (Conditioning Package)*</li> </ul> <b>On-ice Camp Week of April 6</b> <ul style="list-style-type: none"> <li>Monday, Wednesday   6:00 pm</li> </ul>	Saturday Conditioning \$50.00



**PART 2 - MARCH 31-APRIL 11, 2020**

## 2 WEEK ON-ICE TRAINING @ RIM PARK

**This 2-week camp will focus on age specific on-ice skills in order to help players prepare for tryouts.** Emphasis will be placed on **skating fundamentals, puck skills, passing and position specific drills** to ensure players hit the ice in stride when camps start the following week. ALL SESSIONS 1 HOUR.

### Minor Midget / Major Bantam (2005, 2006)

- Tuesday, March 31 | 7:30 pm
- Thursday, April 2 | 8:00 pm
- April 6-9 | 8:00 pm
- Saturday April 11 | 12:00 pm

### Program Cost

- Player .....\$225.00+HST
- Goalie.....\$140.00+HST

### Minor / Major Bantam (2006, 2007)

- Tuesday, March 31 | 6:30 pm
- Thursday, April 2 | 7:00 pm
- April 6, 8 | 7:00 pm
- Saturday April 11 | 11:00 pm

### Pee-Wee (2008, 2009)

- Tuesday, March 31 | 6:30 pm
- Thursday, April 2 | 7:00 pm
- April 7, 9 | 7:00 pm
- Saturday April 11 | 10:00 pm

### Program Cost

- Player .....\$160.00+HST | Goalie.....\$100.00+HST



**226.748.9494 | www.depthtraining.ca**