

ATTENTION MINOR HOCKEY PLAYERS!

HOCKEY TRAINING Spring Tryout

OFF-ICE Preparation Program

March 2-April 10

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.

TRAINING SCHEDULE

- Minor Midget / Major Bantam (2005, 2006)
- Monday, Wednesday, Thursday | 7:30 pm
 - Monday, Wednesday, Friday | 5:00 pm
 - Saturday | 10:30 am (Conditioning Package)

On-ice Camp Week of April 6

- Monday, Wednesday, Thursday | 6:00 pm
- Monday, Wednesday, Friday | 5:00 pm

- Minor Bantam (2007)
- Tuesday, Thursday | 7:00 pm
 - Saturday | 10:30 am (Conditioning Package)

- Major Atom / Pee-Wee (2008, 2009, 2010)
- Tuesday, Thursday | 6:00 pm
 - Saturday | 10:30 am (Conditioning Package)

On-ice Camp Week of April 6

- Monday, Wednesday | 6:00 pm

PROGRAM COST

- Minor Midget / Major Bantam
- 2 Sessions/week\$240.00+HST
 - 3 Sessions/week\$324.00+HST

- Minor Bantam / Major Atom / Pee-Wee
- 2 Sessions/week\$240.00+HST

- Saturday Conditioning Package
- 5 additional session\$50.00+HST

Players can participate in just the OFF-ICE, just the ON-ICE or BOTH. Spaces are limited in each program.



226.748.9494 | www.depthtraining.ca