

Testimonials

"I feel more prepared and confident. I know Total Hockey's Elite Program will take me to the next level. I would recommend it to anyone who is committed to furthering their career."

Cody Johnson

Hudson Varsity
Team Wisconsin U18

"The Elite Program has been so much more than hockey to my son Ryan. It has transformed his approach to the game on-ice, off-ice and also the mental side of the game. It not only has improved Ryan's hockey skills and strength, but instilled a level of confidence that has allowed him to compete on a national level. Dean, Pete and Jax have created an environment that allows serious hockey players to prepare themselves for the next level. From the hockey skills development to the strength training, to the mentoring of the athletes, the TH Hudson Elite Program is the complete package."

Allan Dau

Father of Ryan Dau
Team Wisconsin U16

"My son Hans needed to increase his strength, speed and quickness to go to the next level. We feel that by training at Total Hockey-Hudson with Dean and Pete, it has helped achieve this goal. Han's strength and quickness on the ice has improved tremendously. His whole game has been elevated with the input of Total Hockey-Hudson and the personal interest that Dean and Pete have taken in him."

John Drawbert

Father of Hans Drawbert
Shattuck St. Mary's - U16 Team

Total Hockey - Hudson
1820 Hanley Road #200
Hudson, WI 54016

ELITE 2009



April – September 2009

Bantam - High School - Junior A

Our most Complete Development Program.

- Includes:
 - **Strength training**
 - **Off-Ice Skill Development**
 - **On-Ice Training**
 - **Speed, Quickness, Strength and Balance component.**
 - **Game Video Analysis**
- **Dean Talafous** and **Pete Talafous** design and run every session: over 30 years of NHL and College playing and coaching experience.
- Runs the entire off-season.
- Great way to stay in shape for all-star teams or upcoming tryouts!
- Allows for you to participate in other sports.

www.totalhockeyhudson.com

Program Overview

“Our Elite program at Total Hockey-Hudson has all the components necessary to take the advanced player’s game to the next level. We’ve created a learning environment that is positive yet demanding. Our experienced and committed staff will provide the instruction and motivation necessary for each participant to realize their full potential.”

-Dean Talafous

Staff

Dean Talafous

- Founder of Total Hockey Training Systems
- Former NHL Player and Division 1 Coach

Pete Talafous

- Director of Total Hockey-Hudson
- Former Division 1 Player

Jax Talafous

- 20 Years- Strength and Conditioning Coach

Information

Players will be selected based on their playing history and commitment level.

For information regarding Cost, Dates and Program Calendar please email or call Pete Talafous:

pete@totalhockeyusa.com
651-303-6820

The 5 Components

Strength Training

Players will learn to lift properly and safely and will be given a hockey-specific strength program.

Speed, Quickness, Strength & Balance

A hockey player’s optimal performance is dependant on efficient and effective movement. These exercises will translate directly to the ice by building a more skillful and athletic body.

On-Ice Training

Our on-ice component will work on all your hockey skills, improve your game IQ, and measure and improve your competitiveness.

Off-Ice Skill Development

TH- Hudson’s off-ice skill development program will train all your hockey skills and includes our exclusive performance tracking technology.

Video Analysis

Coach Talafous utilizes his 20 years of college coaching and NHL playing experience and analyzes your game video so that your training is centered on your needs.

Registration

Player Name: _____

Date of Birth: _____

Address: _____

City, State, Zip: _____

Home / Cell Phone: _____

Email Address: _____

(Needed for Scan Card)

Shirt & Jersey Size: _____

Hockey History: _____ Level (Ex. Squirt B1)

Squirt 1st Year: _____

Squirt 2nd Year: _____

Peewee 1st Year: _____

Peewee 2nd Year: _____

Bantam 1st Year: _____

Bantam 2nd Year: _____

Other (HS, Juniors): _____

Awards / Accomplishments:

Waiver (please read carefully)

I agree that Total Hockey, Inc. will not be held responsible for any accidents, injury or loss of personal property, however caused, and agree to release Total Hockey from any claims or damages which may arise as a result of such accident, injury or loss. It is further agreed that all risk while watching and/or participating are assumed by the players and his/her parents and/or guardians and this assumption is acknowledged and approved by my signature below. I have read the foregoing and agree to the terms and conditions and certify that I am the player’s parent or legal guardian.

Signature of
Parent/Guardian: _____