

At E-Train Hockey Systems it is our goal to engage with each athlete and give them the tools to turn ordinary skills into exceptional skills. Led by a team of seasoned coaches, each athlete will be guided through four separate stations. These stations, including the Acceleration MN patented skating treadmill, will focus on form, speed, explosive starts, shooting and stick handling skills, as well as core strength.

**ATHLETES UNDER 9 YEARS OF AGE  
MUST SIGN UP IN GROUPS OF 3-6.**

**For more information,  
Call Eric Scott 612-207-3742.**

**E-TRAIN**  
ENHANCING SPORTS PERFORMANCE  
3600 West 98th Street, Bloomington, MN 55431

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## Training Programs

SPRING/SUMMER 2009

EXTREME SPEED   EXPLOSIVENESS   EXCEPTIONAL SKILLS

Each seven to eight week program will include two days a week on the treadmill. The third day athletes will rotate in 20 minute sessions to the other three stations.

The five week spring program will focus on skating, explosiveness and strength training only. *(No shooting or stick handling.)*

### GIRLS PROGRAM

March 2-April 17 (7 weeks)

\$450

*Appointments on the hour from 2-10pm.*

Group 1: MON • TUE • THU

Group 2: TUE • WED • FRI

### SPRING PROGRAM

April 20-May 23 (5 weeks)

\$350

*Appointments on the hour from 2-10pm.*

MON • WED • FRI

### SUMMER PROGRAM

June 1-July 31 (8 weeks)

\$499

*Appointments on the hour from 2-10pm.*

Group 1: MON • TUE • THU

Group 2: TUE • WED • FRI

### PRE-SEASON PROGRAM

Aug 3-Sept 25 (8 weeks)

\$499

*Appointments on the hour from 2-10pm.*

Group 1: MON • TUE • THU

Group 2: TUE • WED • FRI

Group 3: WED • THU • SAT

Athletes will be scheduled in 1 hour sessions.

To register, or for more information,

**Call Eric Scott 612-207-3742.**

### REGISTRATION:

\$100 deposit due with registration with the remainder due at start of program. E-Train will call to confirm registration and schedule athletes in 1 hour sessions.

NAME: \_\_\_\_\_ M F  
(circle one)

D.O.B. \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

MOST RECENT TEAM: \_\_\_\_\_

PHONE #: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

EMERGENCY CONTACT NAME: \_\_\_\_\_

EMERGENCY CONTACT PHONE: \_\_\_\_\_

### Pease sign me up for the following program(s):

- GIRLS PROGRAM       Group 1     Group 2
- SPRING PROGRAM
- SUMMER PROGRAM       Group 1     Group 2
- PRE-SEASON PROGRAM     Group 1     Group 2     Group 3

Note: E-Train reserves the right to cancel a session without prior notice.

### Make checks payable to E-Train. Mail to:

9325 1st Ave. S., Bloomington, MN 55420

### Waiver

E-Train will not be held responsible for any accidents, injury or loss of personal property, however caused, and I agree to release E-Train 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 athletes and his/her parents 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 athletes parent or legal guardian.

SIGNATURE OF PARENT OR GUARDIAN: \_\_\_\_\_

### PRICE LIST:

\$ 50 per session

\$ 100 per week (3x)

\$ 450 7 weeks

\$ 499 8 weeks

\$ 175 team session (90 min) *during season*

\$ 195 team session (90 min) *with 18 or less athletes off season*