

COMPETITIVE



SKATING & SKILLS

SMALL GROUP TRAINING



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MISSION

Our mission at Competitive Edge is to provide a strong foundation for hockey player's that utilizes an intense and continuous training program to teach basic skills and solid technique. We believe a positive, fun and competitive atmosphere, which includes mentoring by professional staff, enhances the training experience. In merging the training and the atmosphere into one encounter, Competitive Edge believes players will advance to a more skilled level of play.

SMALL GROUP TRAINING PROGRAM

Competitive Edge has constructed a training program geared toward players who wish to work in a small group atmosphere. Our intense training program will include on-ice and off-ice training to improve overall athleticism. A positive atmosphere in a small group setting increase team bonding. Providing this training in a small group setting also gives players the opportunity to receive more individual coaching training and immediate feedback.

ON – ICE

We believe in getting players outside their comfort zone while challenging them to have fun as they develop their individual skills. With skating being the most important part of the game, each session will focus on skating fundamentals. We teach players basic hockey skills to create success on the ice.

- Skating Technique
- Quickness
- Edges
- Over Speed
- Read & Reaction
- Stick-Handling
- Passing & Receiving
- Shooting
- Scoring & Finishing
- Puck Support & Protection
- Angling & Checking

OFF – ICE

Strength and Conditioning protocol is constructed to provide the optimal training regimen for hockey specific training. There is nothing more hockey specific than improving your overall strength and athleticism. Our training program focuses on improving three qualities of each individual.

- **Strength**
- **Speed**
- **Quickness**

Developing these three qualities will improve athleticism and overall power output. As the athlete gains these qualities; new maxim strength, maxim speed and new maxim power will transpire. This will lead to a dramatic change in the dynamics of the motor patterns of hockey specifics. The combination of these new gains is the optimal recipe for improving athleticism.

SMALL GROUPS

Small group training consists of Competitive Edge working on-ice and off-ice with groups from 4 to 16 players. Our small group training sessions can be customized for every group. Groups can decide what skills they want to focus on.

Benefits

- Create your schedule
- Create your skill set
- Pick your training group
- Train with your **FRIENDS** and **TEAMATES**
- Low coach to player ratio
- Players get more instruction
- Players get more repetition

PROGRAM PRICING

Training with a small group that you create gives you the benefit of lowering the price per player. By customizing your program you can choose how many sessions you want to have and when.

- 1 Hour On-Ice Session Cost = \$300 per hour
- 1 Hour On-Ice & 1 Hour Off-Ice Session Cost = \$400 per hour

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SAMPLE PROGRAM

- 20 Hours ~ On-Ice Training
- 20 Hours ~ Off-Ice Training

TOTAL ~ 40 Hours ~ On-Ice and Off-Ice Training

TEAM COST ~ \$8,000

Example of cost of program per player:

Number of Players	8	9	10	11	12
Program Cost	\$1,000.00	\$890.00	\$800.00	\$730.00	\$670.00
Cost per Hour	\$25.00	\$22.25	\$20.00	\$18.25	\$16.75

STAFF

Bryan DeWees (Weezy) – Director of Player Development. His role is to develop on-ice protocols for the Girls Training Program. To help identify player’s weaknesses and prepare solutions that players need to work on to improve that skill.

Ty Eigner – Director of Player Advancement. His role is to help parents and players by educating them on Select Festivals, Junior Hockey, and College Hockey. He has been part of Minnesota Hockey Select Festivals for several years; his connections and knowledge make him a value to the program.

Jay Hurley - Director of Player Development. His role is to develop on-ice protocols for the Girls Training Program. To help identify player’s weaknesses and prepare solutions that players need to work on to improve that skill.

Mike Ayers, MVP Goaltending - Director of Goaltending Development. His role is to develop on-ice protocols for the goalie program. He will identify goalie’s weakness and prepare solutions to improve their game.

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