

Training Programs

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. Lead 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.

Each seven 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 focusing on agility, shooting and stick handling.

TOTAL OFF SEASON AND 7 WEEKS INCLUDE:

- Pre- and Post-Video
- Pre- and Post-Stride Count for Power and Efficiency
- Pre- and Post-Anaerobic Threshold Test

for all out hockey endurance!

PRICE LIST:

TEAMS

- \$ 199 90 Minute • 3 trainers
- \$ 150 60 Minute • 3 trainers
- \$ 150 90 Minute • 1 trainer *(team must supply two coaches)*
- \$ 125 60 Minute • 1 trainer *(team must supply two coaches)*
- Universal (no dates)

INDIVIDUAL

- \$ 50 per session
- \$ 100 per week (3x)
- \$ 250 3 week program (9x)
- \$ 499 7 weeks (21x)
- \$ 1500 Off Season Package, March 1-October 15, 33 weeks (100x)

Athletes will be scheduled in 1 hour sessions.

To register, or **for more information,**

Call 952.835.4804.

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

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.

M F

NAME: _____
(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:

TEAM

- 90 Minute (3 trainers) 90 Minute (1 trainer, 2 coaches)
- 60 Minute (3 trainers) 60 Minute (1 trainer, 2 coaches)

INDIVIDUAL

- Single Session 3 Week (9x)
- Weekly (3x) 7 Week (21x)
- Off Season (100x) Weight training package
 (March 1-October 15 only) available upon request.

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 a 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: