



Minnesota Legacy Women's 61 Program

The ability to skate is the foundation that all hockey players need to succeed at any level. The Women's 61 Program was developed with the intention of enhancing the skating and puck skills of women hockey players. The program is an enjoyable developmental program geared toward C1, C2, C3 and early B level women hockey players.

On-Ice Training

The 61 Program is designed to build a strong foundation of fundamental skating, puck management and passing skills that create the physiological changes necessary to build muscle memory. Each session will add skill progressive exercises to promote constant learning. Each drill is carefully explained and put into practical context to promote a strong understanding of the skills needed to excel in game situations.

Off-Ice Training

Off-ice training will focus on building speed, foot quickness, mobility, balance, core-strength and power through plyometric and total body strengthening exercises that link the bodies muscle groups and train the three energy systems to work synergistically.

The 61 Program consists of 17 hours of on-ice and 5 hours of off-ice instruction.

On-Ice Session Dates: At Fogerty Arena

<i>July 29: 9:00 - 10:00PM</i>	<i>August 1: 4:40 - 5:40PM</i>	<i>August 5: 9:30 - 10:30PM</i>
<i>August 16: 7:50 - 10:00PM</i>	<i>August 23: 8:50 - 9:50PM</i>	<i>August 26: 7:50 - 10:00PM</i>
<i>August 30: 8:00 - 9:00PM</i>	<i>September 1: 5:30 - 6:30PM</i>	<i>September 7: 7:50 - 8:50PM</i>
<i>September 13: 9:00 - 10:00PM</i>	<i>September 15: 5:30 - 6:30PM</i>	<i>September 20: 9:00 - 10:00PM</i>
<i>September 22: 5:20 - 6:20PM</i>	<i>September 27: 6:30 - 7:30PM</i>	<i>September 29: 7:40 - 8:40PM</i>

Off-Ice Training Dates: At Fogerty Arena

<i>July 29: 8:00 - 8:30PM</i>	<i>August 5: 8:30 - 9:00PM</i>	<i>August 23: 7:30 - 8:00PM</i>
<i>August 30: 7:00 - 7:30PM</i>	<i>September 7: 7:00 - 7:30PM</i>	<i>September 13: 8:00 - 8:30PM</i>
<i>September 20: 8:00 - 8:30PM</i>	<i>September 22: 6:30 - 7:00PM</i>	<i>September 27: 7:45 - 8:15PM</i>
<i>September 29: 6:30 - 7:00PM</i>		

Program Cost \$305, includes a Black Legacy Jersey

Class size is limited to 30 skaters allowing for maximum intensity and repetition

Online registration is available at www.minnesotalegacyhockey.com. Under Hockey Clinics

All payments are final and non-refundable

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