



## 2010/11 Acceleration North Hockey Team Pricing

Hockey teams have been implementing Acceleration North's hockey team training into their practice schedules for the past 10 years. Teams of 12 to 18 player's schedule 90 minute skill training sessions to work on skating stride, stride strength, agility, and puck handling and shooting skills. The coaches choose what they want our staff to work on and we break the team into 2 or 3 groups. The coach will either help with stick handling and shooting OR basic hockey dry land training if needed.

### Traditional 90 minute training session (18 athletes max.)

- 30 - 45 minutes skating treadmill (*Acceleration trainer*)
- 30 - 45 minutes stick handling/shooting (*Team Coach or Acceleration Trainer*)
- 30 - 45 minutes hockey specific dry land (*Team Coach or Acceleration Trainer*)
- ***\*Teams with 12-14 players will do 2 - 45 minute stations with the Acceleration staff.***

### Pricing break down:

**5 - 90 minute team training sessions (\$295 per session) = \$1475**

- \$98 per player for 15 skaters
- \$82 per player for 18 skaters

**10 – 90 minute team training session (\$275 per sessions) = \$2750**

- \$184 per player for 15 skaters
- \$152 per player for 18 skaters

**If teams want 3 Acceleration Staff members, sessions are \$345 each.**

***\*Payment must be made with 1 check for the total amount prior to teams starting sessions***

**Scheduling: Managers or coaches may call and schedule team sessions Monday through Friday.**

**Time choices:            4 – 5:30 pm                    5:30 – 7pm                    7- 8:30pm                    8:30 – 10pm**

**Please fill out team training schedule on next page. Fax or email back to Acceleration North.**

**Acceleration North  
3808 Dunlap St North  
Arden Hills, MN 55112  
(651) 486-0020**



## Hockey Team Scheduling Form

Team: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Phone: \_\_\_\_\_

Acceleration will operate Skating Treadmill and: \_\_\_\_\_ Plyos/Strength \_\_\_\_\_ Stick Handling/Shooting

-Coach will supervise either Plyos/Strength OR Stick Handling/Shooting depending on session choice.

Team session Day and Date:	90 Minute session	Team session Times: 4-5:30pm 5:30 – 7pm 7 - 8:30pm 8:30 – 10pm	Team session Cost: \$275 for 90 minute (2 staff/1 coach) \$345 for 90 minute (3 staff/no coach)
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2.			
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10.			
11.			
12.			
			Total Cost:

Please return to Acceleration North at [accelerationnorth@comcast.net](mailto:accelerationnorth@comcast.net) or call **(651) 486-0020** with any specific questions on scheduling your team.

Fax completed document to **(651) 481-7081** and we will schedule your team.

We look forward to working with you!

**Acceleration North**  
**3808 Dunlap St North**  
**Arden Hills, MN 55112**

