



It's that time of year again to step your game up to the next level. The Hockey Performance Program will help you get there by training you to become a quicker, more explosive athlete on the ice.

In addition to our basic speed, power and agility training this program will focus on the hockey fundamental skills needed for the upcoming season. Utilizing a circuit training approach, athletes will develop speed and agility.

Each session will last 90 minutes (60 minutes for Youth athletes) and will prepare athletes for the upcoming season. Call Brad Ogle at (763) 390-6625 for more information.

This Is Your Moment You're Meant To Be Here

- Date:** Monday and Thursdays August 1st – October 27th, 2011
- Time:** 3:30PM-5:00PM Developmental 2 (ages 15-18)
5:15PM-6:15PM Youth (ages 8-11)
6:30PM-8:00PM Developmental 1 (ages 12-14)
- Cost:** 6 Session Package \$179 (Developmental) \$119 (Youth) 2 months to use
12 Session Package \$299 (Developmental) \$199 (Youth) 3 months to use
- Where:** Velocity Sports Performance
- Note:** Each athlete will receive one complimentary individual trial session if not already used
Classes have a max of 10 athletes
- Extra:** **Winter Sports Combine 360**
Saturday, September 17th, 2011
11:30AM-2:00PM
\$25 for members and \$50 for non-members



For more information on our programs go to TheBestPlaceToTrain.com

