

TOTAL HOCKEY MINNESOTA



intense hockey training

**** NEW this Summer! ****
Full Sheet of Ice Added to the Program!

2012

| Phase 1 | Phase 2 (THMN and HASSE ARENA) | Phase 3 | Pre-Tryout Camps | Strength Only |
|---|--|---|--|---|
| High School Boys, High School Girls, Bantams, Advanced Peewees <ul style="list-style-type: none"> • March – May • 40 hours Off-Ice • 16 hours On-Ice \$ 900 | High School Boys, High School Girls, U12 <ul style="list-style-type: none"> • June – August • 44 hrs Off-Ice / 44 hrs On-Ice \$ 1,375 | High School Boys <ul style="list-style-type: none"> • Sept. – Oct. • 31 hours Off-Ice • 31 hours On-Ice \$ 975 High School Girls <ul style="list-style-type: none"> • Sept. – Oct. • 23 hours Off-Ice • 23 hours On-Ice \$ 725 | <p>The Pre-Tryout camps will be a multi-week training program consisting of on-ice and off-ice training prior to team tryouts.</p> <p>The Pre-Tryout Camps will be held at Total Hockey Minnesota and at Ames or Hasse Ice Arena in Lakeville.</p> <p>Final schedule and details will be available once Youth Hockey Association and High School tryout schedules are known.</p> <p>Age groups offered: Bantam, Peewee, U12, U10, Squirt, Mite</p> | <p>Phase 1 (40 hours) - \$780 High School Boys, High School Girls, Bantam, Advanced Peewees</p> <p>Phase 2 (44 hours) - \$860 High School Boys, High School Girls, U12's</p> <p>(51 hours) - \$995 Bantams, Advanced Peewees</p> <p>Phase 3 High School Boys - \$605 (31 hours)</p> <p>High School Girls - \$450 (23 hours)</p> |
| | Bantams and Advanced Peewees <ul style="list-style-type: none"> • June – September • 51 hrs Off-Ice / 51 hrs On-Ice \$ 1,600 | | | |
| | Squirt and U10 <ul style="list-style-type: none"> • June – August • 2 days/week • 22 hours Off-Ice • 22 hours On-Ice \$ 695 | | | |
| | High School Boys, Bantam, Advanced Peewee 6-week "Ice Only" Program <ul style="list-style-type: none"> • June 11 – July 26 • 24 hrs On-Ice \$ 480 | | | |

ALL PROGRAMS ARE PROFESSIONALLY DESIGNED AND ADMINISTERED

INTENSE HOCKEY TRAINING MISSION

The Intense Hockey Training Program was designed to provide the dedicated hockey player with the best possible hockey-specific training program. By combining on-ice, off-ice and strength and conditioning training protocols, the Intense Hockey Training Project strives to take hockey players to their next level, and help them stay there. The Intense Hockey Training Project is structured for individuals playing at the **SQ/U10, Peewee/U12, Bantam, High School Boys, High School Girls, College, Junior levels through NHL.**

PROGRAM OUTLINE

Training

- Performance testing
- Body composition screening
- Hockey-specific skills training program
- Strength and conditioning training program
- On-ice sessions that combine scrimmaging and skills drills
- Nutritional program
- Year-round maintenance training program and advice
- Nutritional counseling

SESSION SCHEDULE

On-ice/Off-ice Training Sessions

- Dynamic warm-up
- Coordination & Multidirectional speed/acceleration/agility
- Strength and power
- Total body training & energy system development
- Cool-down/recovery regeneration methods
- Energy system development
- Individual hockey-specific skills technical work
 - Vision
 - Speed and power skating
 - Shooting accuracy, release and shot power training
 - Stick handling and multitasking training
 - Skill drills & techniques
 - Stride Efficiency
 - Small Area Games / Scrimmaging

PROGRAM SPECIFICS

Mobility and Flexibility

- Hip and hamstring mobility for skating speed and efficiency
- Increased flexibility leads to improved coordination and agility

Movement

- Coordination: Balance, rhythm and timing
- Speed and Agility: Starting speed, acceleration, multi-directional speed

Injury Prevention

- Pre-habilitation exercises
- Bio-mechanical analysis, flexibility development and stability development

Regeneration

- Periodized training programs
- Athlete recovery to maximize effectiveness of next workout
- Focus on muscular-skeletal and nervous system

Strength and Power Development

- Movement and function versus specific muscle groups
- Power, maximal strength, strength endurance and stability
- Upper and lower body strength
- Core strength and stability

Energy System Development

- Aerobic capacity training
- Anaerobic capacity (lactate) training

Hockey Specific Skills Development (On and Off-Ice)

- Increase the speed of the game and increase puck touches
- Develop quick hands, quick feet, and quick decisions
- Skating speed and power training on synthetic ice ramp
- Vision training with multi-tasking
- Shooting accuracy, release time and shot power training
- Stick handling and multitasking training by performing various skills on both synthetic ice and carpeted areas



TRAINING FACILITIES

Total Hockey Minnesota – Lakeville, MN

- 23,000 sq. ft. facility with off-ice training area with a 130' x 65' Ice Arena
- 40 meter Turf area for SAQ and conditioning workouts
- 60 ft. synthetic ice Speed Ramp, stick handling area, shooting lanes, multi-tasking area, and skating treadmill.

Hasse Arena – Lakeville, MN ** NEW THIS SUMMER ! **

- Full-size ice (200' x 85') Ice Arena
- 1000 sq. ft strength training area, turf area for SAQ and conditioning workouts

PROGRAM INSTRUCTORS AND ADVISORY STAFF

Bryce Salvador, Hockey Advisor

Bryce is in his 11th season as an NHL defenseman and has played over 650 games in the NHL with the New Jersey Devils and St. Louis Blues. He played 171 games for the St. Louis Blues' minor league affiliate, the Worcester Ice Cats of the AHL. Bryce has dedicated much of his time away from the NHL to impart his expertise on the youth hockey player who aspires to achieve personal success through ice hockey. He is highly involved in the development of the Intense Hockey Training program.

Kirk Olson, THMN GM and Lead Coach

Kirk rejoined the Minnesota Wild as their Strength and Conditioning coach for the 2011-2012 hockey season while remaining the General Manager of Total Hockey Minnesota. Prior to coming to Total Hockey Minnesota in the summer of 2009, Kirk had spent six seasons as the Strength and Conditioning Coach for the Minnesota Wild. Before the Wild, Olson was training athletes in a private capacity, focusing primarily on the development of hockey players. He spent three seasons with the NFL's Minnesota Vikings' Strength and Conditioning Staff before entering the private sector to practice his trade. During his time with the Vikings, Olson also served as Head Strength and Conditioning Coach for the Amsterdam Admirals of NFL Europe. In addition to his coaching endeavors, he has served as a consultant to several high school, college and university athletic programs. A graduate of the University of Minnesota and St. Cloud State University, Olson currently resides in Blaine, Minnesota.

Erik Johnson, THMN Lead On-Ice & Off-Ice Coach

Erik split his prep hockey days at Shattuck-St. Mary's and Blaine High School. After High School, Erik took his game to the USHL's Sioux City Musketeers and the Des Moines Buccaneers. His play in the Junior ranks landed him a scholarship to Mercyhurst College. After four years at Mercyhurst, Erik embarked on his professional career that led him to play for teams in both the American Hockey League (AHL) and the East Coast Hockey League (ECHL). Erik's professional playing days were cut short due to injury. Erik's passion for hockey made his transition into coaching a 'no-brainer'. Erik spent his time since retirement coaching at various high-level hockey training programs, and joining our THMN staff as a Lead Coach in the Fall of 2009.

Travis Anderson, THMN Lead On-Ice & Off-Ice Coach

Travis wrapped up his prep career by earning a spot on Team Minnesota where he helped to lead his team to the Championship in the Chicago Showcase. After being drafted in the first round of the USHL draft, Travis went on to play for the Des Moines Buccaneers. He spent two seasons with the Buccaneers before signing a scholarship to play with NCAA Division I Niagara University. After wrapping up a successful career at Niagara, Travis signed to play with the Stockton Thunder or the East Coast Hockey League. Unfortunately for Travis, but fortunately for us here at THMN, Travis' pro career was cut short, and he was forced to retire due to injury. Travis joined our THMN Staff as a Lead Coach in the spring of 2010, and has been a valued member ever since.

Kevin Hanlon, THMN Lead On-Ice & Off-Ice Coach

Prior to coming to Total Hockey Minnesota, Kevin was the Strength and Conditioning Coach for the Texas Stars of the AHL. He received his Masters of Exercise Science from the University of Texas. Kevin's background includes directing many programs for athletes from youth through pro for various sports. Kevin brings a strong background in training athletes to obtain peak performance and minimize injuries while participating in their chosen sport.

Jeff LaPanta, IHT-Physical Therapist (MS,PT,OCS,CSCS)

Jeff LaPanta is the on-staff Physical Therapist for the IHT program.

Carrie Peterson, IHT-Sports Dietician (MS, RD, LD, CSSD)

Carrie Peterson is the on-staff Team Dietician for the IHT program.



INTENSE HOCKEY PACKAGE OPTIONS

PHASE 1

Ages: High School Boys, High School Girls, Bantams, and Advanced Peewees

Schedule → March 26 – May 31

40 hours off-ice training, 16 hours on-ice training

OFF-ICE TRAINING (4 days per week)

Monday, Tuesday, Wednesday, Thursday

ON-ICE TRAINING (2 days per week)

Tuesday, Thursday (starts in the 3rd week - April 10th)

| TIMES | OFF-ICE | ON-ICE |
|-----------------|----------|----------|
| 3:30pm - 4:30pm | HS Boys | HS Girls |
| 4:40pm - 5:40pm | HS Girls | HS Boys |
| 5:50pm - 6:50pm | Pee wee | Bantam |
| 7:00pm - 8:00pm | Bantam | Pee wee |

Phase 1 training is located at Total Hockey Minnesota

Pricing: \$900

(\$250 non-refundable deposit required to hold position)

PHASE 2

Ages: High School Boys, High School Girls, Bantams, U12's, Advanced Peewees, U10's, and Squirts

Bantams & Advanced Peewees → June 11 – September 13 (51 hours off-ice, 51 hours on-ice)

High School & U12 → June 11 – August 30: (44 hours off-ice, 44 hours on-ice)

Squirts & U10 → June 11 – August 30 (22 hours off-ice, 22 hours on-ice)

HS Boys, Bantams, & Advanced Peewees "On-Ice Only" → June 11 – July 26 (24 hours on-ice)

On-ice training consists of two days a week on the Total Hockey 3-on-3 ice sheet and two days a week on the Lakeville Hasse Arena full ice sheet.

ON-ICE TRAINING (4 days per week): Monday, Tuesday, Wednesday, Thursday

OFF-ICE TRAINING (4 days per week): Monday, Tuesday, Wednesday, Thursday

NEW for 2012: Goalies will receive a one-hour on-ice training session with ProHybrid Training each week during Phase 2.

(For Pee wee, Bantam, U12, High School ages only. Goalie training will begin Monday, June 18th.)

ALL TRAINING WILL BE HELD AT TOTAL HOCKEY MINNESOTA AND LAKEVILLE HASSE ARENA

| TOTAL HOCKEY | MONDAY / WEDNESDAY | | TUESDAY / THURSDAY | |
|-------------------|--------------------|-----------------|----------------------------------|----------------------------------|
| TIMES | OFF-ICE | ON-ICE | OFF-ICE | ON-ICE |
| 7:30am - 8:30am | HS Boys 1 | Elite Boys | Bantam 1 | HS Girls 1 |
| 8:45am - 9:45am | Pro | HS Boys 1 | HS Girls 1 | Bantam 1 |
| 10:00am - 11:00am | Elite Boys | Elite Girls | Pee wee 1 | Bantam 2 |
| 11:15am - 12:15am | Elite Girls | Pro | Bantam 2 | Pee wee 1 |
| 12:30pm - 1:30pm | U12 | Squirt 1 – Mon. | Pee wee 2 | U10 – Tues. Squirt 2 – Thurs. |
| 1:45pm - 2:45pm | Squirt 1 – Mon. | U12 | U10 – Tues. Squirt 2 – Thurs. | Pee wee 2 |

| HASSE ARENA | MONDAY / WEDNESDAY | | TUESDAY / THURSDAY | |
|-------------------|--------------------|-----------------------------------|----------------------------------|----------------------------------|
| TIMES | OFF-ICE | ON-ICE | OFF-ICE | ON-ICE |
| 7:30am - 8:30am | Bantam 1 | HS Girls 1 | HS Boys 1 | Elite Boys |
| 8:45am - 9:45am | HS Girls 1 | Bantam 1 | Pro | HS Boys 1 |
| 10:00am - 11:00am | Pee wee 1 | Bantam 2 | Elite Boys | Elite Girls |
| 11:15am - 12:15am | Bantam 2 | Pee wee 1 | Elite Girls | Pro |
| 12:30pm - 1:30pm | Pee wee 2 | Goalies – Mon. Squirt 1 – Wed. | U12 | Squirt 2 – Tues. U10 – Thurs. |
| 1:45pm - 2:45pm | Squirt 1 – Wed. | Pee wee 2 | Squirt 2 – Tues. U10 – Thurs. | U12 |

* Note: Bantams and Pee wees will complete their training program at the Total Hockey Minnesota facility after September 3rd starting each day at 5:50pm.

Pricing: \$1,600 (Bantam/Pee wee), \$1,375 (HS/U12), \$695 (Squirt/U10)

\$480 (HS Boys, Bantam, Pee wee 6-week On-Ice only)

(\$250 non-refundable deposit required to hold position)



INTENSE HOCKEY PACKAGE OPTIONS (cont).

PHASE 3

Ages: High School Boys, High School Girls

High School Boys Schedule → September 4 – October 25 (31 hours off-ice, 31 hours on-ice)

High School Girls Schedule → September 4 – October 11 (23 hours off-ice, 23 hours on-ice)

OFF-ICE TRAINING (4 days per week)

Monday, Tuesday, Wednesday, Thursday

ON-ICE TRAINING (4 days per week)

Monday, Tuesday, Wednesday, Thursday

Phase 3 training is located at Total Hockey Minnesota

| TIMES | OFF-ICE | ON-ICE |
|-----------------|----------|----------|
| 3:30pm - 4:30pm | HS Boys | HS Girls |
| 4:40pm - 5:40pm | HS Girls | HS Boys |

Pricing: HS Boys - \$975, HS Girls - \$725

(\$250 non-refundable deposit required to hold position)

MONTHLY PACKAGE

Space Permitting (April, May, June, July, August, September or October)

Ages: High School Boys, High School Girls, Bantams, U12's and Advanced Peewees (max enrollment 20 players per group)

The Monthly Program contains all of the features of the On-Ice and Off-Ice training format of the Phase 1, Phase 2 and Phase 3 programs.

Pricing Details: \$700

(\$250 non-refundable deposit required to hold position)

STRENGTH ONLY TRAINING PACKAGE

Ages: High School Boys, High School Girls, Bantams, U12's and Advanced Peewees (max enrollment 20 players per group)

Phase 1: All players - 40 hours of training: \$780

(\$250 non-refundable deposit required to hold position)

Phase 2: Bantam/Peewee - 51 hours of training – \$995

HS, U12 – 44 hours of training - \$860

(\$250 non-refundable deposit required to hold position)

Phase 3: High School Boys – 31 hours of training – \$605

High School Girls – 23 hours of training – \$450

(\$250 non-refundable deposit required to hold position)



INTENSE HOCKEY TRAINING REGISTRATION FORM

Player Name: _____ Parent: _____

Birth Date: ____/____/____

Address: _____ City: _____ Zip: _____

Home Phone: _____ Mobile Phone: _____

Email: _____ Emergency Contact: _____

Emergency Phone: _____ Current Team: _____

Team Level: _____ Position: _____

Programs – (\$250 non-refundable deposit per program)

IHT Phase 1 _____ \$900

IHT Phase 2 _____ \$1375 (HS Boys, HS Girls, U12)
_____ \$1600 (Bantam, Peewee)
_____ \$695 (Squirt, U10)
_____ \$480 (HS Boys, Bantam, Peewee 6-week "On-Ice" only)

IHT Phase 3 _____ \$975 (HS Boys) _____ \$725 (HS Girls)

IHT Monthly _____ \$700

IHT Strength Only Package

Phase 1 _____ \$780

Phase 2 _____ \$995 (Bantam/Peewee) _____ \$860 (High School, U12)

Phase 3 _____ \$605 (HS Boys) _____ \$450 (HS Girls)

Select Level

SQUIRT _____ PEEWEE _____ HS BOY _____

U10 _____ BANTAM _____ HS GIRL _____

U12 _____

Additional Information

* Family discount rates available if two or more are enrolled: 100% for first child, 25% discount on 2nd, 3rd, 4th child.

* Lakeville South Boys enrolled in **Synergy Hockey** program will receive a **\$340** credit from our Phase 2 IHT fees with proof of paid registration from the **Synergy Hockey** camp.



Bryce Salvador Hockey Dedication Award

NHL player and Total Hockey Minnesota owner Bryce Salvador will award one individual with a sponsorship to train for free.

This award is designed for players who are truly dedicated to improving their overall game, but have not reached the professional level yet. Bryce Salvador will review players' applications and award the sponsorship based on hockey merit, character and aspiration.

Intense Hockey Training Project: Bryce Salvador Hockey Dedication Award Sponsorship Application/Nomination Form

Player Name: _____

Birth Date: ____/____/____

Address: _____

City: _____

Zip: _____

Home Phone: _____

Mobile Phone: _____

Email: _____

Current Team: _____

Team Level: _____

Current Coach's Name: _____

Coach's Phone: _____

Position: _____

Are you a Junior A draft or tender: Yes No

Current GPA or major test score (ACT or SAT): _____

School: _____

List the hockey teams you have played for in the last five years: _____

What teams have you spoken to about playing for: _____

What camps do you plan on attending this year: _____

What other activities or community service programs do you participate in: _____

List all of your hockey and individual accomplishments in the last five years: : _____

IN ADDITION TO FILLING OUT THIS APPLICATION, ALL PLAYERS MUST SUBMIT THE FOLLOWING INFORMATION:

- 1) A written statement (no more than 500 words) explaining your desire to take your game to the next level
- 2) Three references, with none being family members (coaches, teachers, job supervisors, etc. preferred)

ONLY FILL OUT THIS SECTION IF YOU ARE A COACH NOMINATING A PLAYER FOR A SPONSORSHIP

Name: _____ Contact Phone: _____

How long have you coached this player: _____

On a separate sheet of paper, submit a written statement (no more than 500 words) explaining why the nominee is ready to take his/her game to the next level.

Please fill out the application and submit it to Total Hockey Minnesota by Monday, March 19th.



INTENSE HOCKEY TRAINING WALL OF FAME

Elite players who trained in the Total Hockey Minnesota IHT program

**TOTAL
HOCKEY
MINNESOTA**



| Player | League | Last Team |
|------------------|--------|---------------------|
| Zach Parise | NHL | New Jersey Devils |
| Kyle Okposo | NHL | New York Islanders |
| Bryce Salvador | NHL | New Jersey Devils |
| Drew Stafford | NHL | Buffalo Sabres |
| Derek Stepan | NHL | New York Rangers |
| Chris Porter | NHL | St. Louis Blues |
| Jordan Schroeder | NHL | Vancouver Canucks |
| Casey Borer | NHL | Carolina Hurricanes |



***THEY MADE THE COMMITMENT...
MAKE YOURS!***



ZACH PARISE



BRYCE SALVADOR



KYLE OKPOSO



DEREK STEPAN



DREW STAFFORD



CASEY BORER



JORDAN SCHROEDER



CHRIS PORTER

For more information on the Intense Hockey Training Program, call Total Hockey Minnesota at (952) 469-2218 or visit our website at www.totalhockeyminnesota.com