



### Open House

@ Madison Ice Inc

Friday, Feb. 24<sup>th</sup>

12:00pm – 3:30pm

## Coming to Madison

Competitive Edge is now training in Madison, Wisconsin! Competitive Edge, Neuro Explosion and Madison Ice Inc partnered up to create a unique hockey program. We will be offering a Spring & Fall Training Development Programs at Madison Ice Inc (MII) for Squirts, PeeWees, Bantams and High School players. Competitive Edge has trained many players across the state of Minnesota who have reached their dreams of playing in the NHL, including Derek Stepan and Ryan McDonagh. We believe in providing players with a positive atmosphere where they can reach their potential.

### Competitive Edge Skating & Skills

Our mission at Competitive Edge is to provide a strong foundation for hockey player's that utilizes an intense & continuous training program to teach basic skills & solid technique. We believe a positive, fun & competitive atmosphere, which includes mentoring by professional staff, enhances the training experience. In merging the training & the atmosphere into one encounter, Competitive Edge believes players will advance to a more skilled level of play.

#### Staff

##### **Bryan "Weezy" DeWees**

- Skating Specialist ~ Mites up to Pros
- Level 3 certification with USA Hockey Coaching Education Program
- Head Skating Instructor for 10 years

##### **TJ Guidarelli**

- Current professional player in Europe ~ 10 years
- Played Division 1 hockey at Makato State
- Specializes in Stickhandling & Shooting

##### **Jake Taylor**

- 2000-2003 ~ Green Bay Gamblers ~ USHL
- 2003-2004 ~ University of Minnesota ~ WCHA
- 2004-2011 ~ 7 years of professional hockey

### Neuro Explosion Performance Training

Neuro Explosion began back in 2004 with Jim Snider coaching a few amateur athletes & running small camps. Today, Olympic athletes, professionals, youth & everyone in between work with Neuro Explosion. Neuro is operated today by Jim & Jenna Snider. The foundation of the company lies in performance training - performance of the elite athlete to everyday people looking to improve their lives through strength & health.

#### Staff

##### **Jim Snider**

- Strength & Conditioning Coach for Badger Hockey
- Trains hockey players in the NHL and AHL
- Coached Olympians, Stanley Cup winners, Hobey Baker winners
- Certified Strength and Conditioning Specialist through the NSCA

##### **Jenna Snider**

- Bachelors degree in Kinesiology
- Master's degree in Exercise Physiology
- Certified Strength and Conditioning Specialist
- National Level athlete in Olympic Style Weightlifting

# Madison Training Development Program

The **Madison Training Development Program (TDP)** is a **5 week program** designed to develop player's individual skills. On-Ice training will focus on hockey skills in a fun, high energy atmosphere. TDP is an on-ice and off-ice program with games to execute skills learned during training. Games will be organized and run by Madison Ice Inc (MII).

## On-Ice Training will concentrate on:

- Skating Technique
- Overspeed
- Shooting
- Puck Skills
- Skating Speed
- Read & Reaction

## Game Nights

Games will allow players to utilize skills practiced during on & off-ice training. The 60 minute games will be run in a variety of formats with certified referees. Players will receive a reversible jersey.

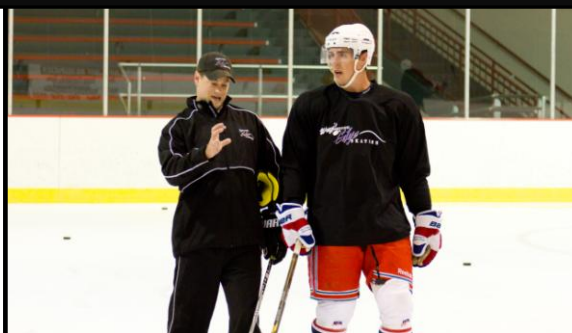
- 3 on 3 in Studio Rink
- 4 on 4 (big rink)
- 5 on 5 (big rink)

## TDP will consist of a Spring Session and a Fall Session in 2012



**TJ Guidarelli,  
demonstrates to students**

### **Weezy training Ryan McDonagh, NY Rangers**



**Jake Taylor,  
Edmonton Oilers**

## Off-Ice Training

Neuro Explosion will be conducting the off-ice training portion of the camp using sequential movement and age appropriate models that are designed to maximize athletic potential. Particular attention will be paid to enhancing skating qualities which will assist in the athletes' ability to elevate their hockey specific skill set.



**Jim Snider**

### During off-ice training athletes will work on:

- Movement coordination
- Proper body positioning
- Stability
- Dynamic balance
- Flexibility



**Jenna Snider**

**[www.CompEdgeHockey.com](http://www.CompEdgeHockey.com)**

## TDP Goalies

Goalies will receive goalie specific training and games to apply skills learned.

### **TDP Goalie Instructor ~ Josh Hillegas**

- Currently playing Junior A hockey for the New England Huskies in the EJHL
- Instructor at Elite Goalies Hockey Camps & Peak Performance Hockey Camps
- Committed to play hockey in the 2012-2013 season for the UW-River Falls Falcons



### 2012 Spring Dates

April 24th – May 31st @ Madison Ice Inc

#### On & Off Ice Training Days

Tuesday & Wednesday Nights

#### Training Times

**Squirts** ~ 5:00pm-6:00pm Off-Ice  
6:20pm-7:20pm On-Ice

**PeeWees** ~ 6:15pm-7:15pm Off-Ice  
7:30pm-8:30pm On-Ice

**Bantam/HS** ~ 7:20pm-8:20pm Off-Ice  
8:40pm-9:40pm On-Ice

#### Game Days

Thursdays & Friday Nights

#### Spring Program Cost

\$595 per player

\*2 payment options available

### 2012 Fall Dates

August 20th – Sept. 23rd @ Madison Ice Inc

#### On & Off-Ice Training Days

Wednesday & Thursday Nights

#### Training Times

**Squirts** ~ 5:00pm-6:00pm Off-Ice  
6:20pm-7:20pm On-Ice

**PeeWees** ~ 6:15pm-7:15pm Off-Ice  
7:30pm-8:30pm On-Ice

**Bantam/HS** ~ 7:20pm-8:20pm Off-Ice  
8:40pm-9:40pm On-Ice

#### Game Days

Friday, Saturday or Sunday

#### Fall Program Cost

\$695 per player

\*2 payment options available

## 2012 TDP Ultimate Package

Participate in both the Spring and Fall Madison TDP Sessions and receive the following:

- 20 Hours ~ On-Ice Skills Sessions
- 20 Hours ~ Off-Ice Training Sessions
- Games ~ 15 Hours
- 55 Total Hours

**Cost ~ \$975 per player**

*less than \$18/hour of top notch training and development  
(Save \$315.00)*

**Registration OPEN!**

**[www.CompEdgeHockey.com](http://www.CompEdgeHockey.com)**

**click on Madison Programs**

**Full program details, payment plans and  
registration available on-line**



**Derek Stepan  
NY Rangers**

**Training with Weezy  
during the summer**



**Competitive Edge  
Skating & Skills**

**1-855-Comp-Edge**

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