

Spring & Summer Hockey Conditioning

An Intense Program developing the complete athlete for Hockey Excellence

*These programs are for Elite **Bantam, Midget and Junior** players willing to put in the effort to push athleticism*

Midget / Jr	Bantam
STRENGTH PROGRAM	FUNCTIONAL CONDITIONING
Intense strength program focused on developing muscle groups to transfer into power, speed and domination on the ice.	Program begins with a strength base and gradually moves into a functional movement focus. Athletes will use moderate weight in a high intense program to develop:
Mon / Wed / Fri	Core Strength Power Stamina
5:00 – 6:00pm	Foot Speed Stability Balance
April 4 – June 29, 2016	Monday & Thursday
	5:30pm
	April 4 – June 27, 2016
\$450	\$250

Fully equipped sports performance centre
@ Harry Ainlay High School 4350 111 st Edmonton

TO REGISTER OR FOR MORE INFORMATION CONTACT
Dwayne Laing
780-604-5667 www.AdvantageSports.ca

Programs developed by



Dwayne Laing BPE,CAT(C),RMT
- Certified Athletic Therapist
Strength & Conditioning coach

