



Eastview Youth Hockey & Acceleration MN-South

2008-2009 In Season Team Training

Price Offer.

Skating Treadmill - We'll skate you up the ice, literally. Our patented hockey treadmill is designed to accommodate varying speeds and elevations to target the two components of speed, stride length and stride frequency. The added resistance of the ice creates more forceful knee-drive while the higher grade forces longer, stronger extension. The result is an efficient skater with a superior stride to speed ratio. Like all our training, the skater is given one-to-one attention to develop and ensure proper skating mechanics. Take it on the ice. Skaters are amazed how the treadmill translates to the rink. Speed feels effortless while other skaters seem to stand still.

Plyometrics/Turf Workouts - It all starts with balance. Our agility drills were created to develop keen body awareness and control allowing you to extend your boundaries of movement, increase foot speed and generate faster response. You'll perform increasingly difficult foot drills on a variety of floor patterns that challenge your balance and allow you to develop the functional foot speed that your hockey requires. As well as extensive turf workouts that will increase the fast twitch response needed in Hockey.



Option 1: 15-20 Sessions (30-40hrs)

2- Hour session – 2 Stations (60 minutes per station) – 2 Trainers – 17 Athletes maximum. Two trainers will be provided, one to administer the skating treadmill training and the second to administer plyometrics/turf workout and strength training.

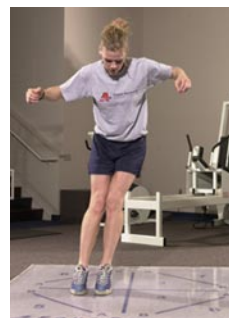
Rate: \$ 275.00 per session (\$8.00 per hour per kid)

Option 2: 15-20 Sessions (22.5-30hrs)

1½ Hour session – 2 Stations (45 minutes per station) – 2 Trainer – 17 maximum.

One trainer will be provided to administer the skating treadmill training and plyo/turf workouts. Team will provide coach to monitor skills training on

Rate: \$ 235.00 per session (\$9.00 per hour per kid)



Athletes

one will do the synthetic ice.

Individual & Package Skating Sessions:

(Scheduled one week in advance)

Regular

Individual	\$35.00
5 Sessions	\$160.00
10 Sessions	\$300.00
15 Sessions	\$420.00

