

TIER 1 TRAINING

are you ready for the next level?

Continuing for the FOURTH SUCCESSFUL YEAR, it's
Spring Tier 1 Training!

Hockey Director Dan Jablonic and coaches will lead competitive, elite training sessions. Players will participate in challenging progressive drills that will push them out of their comfort zone!

These training sessions are for elite players with Tier 1 or Tier 2 AA experience during the 2014-2015 season.

SPACE IS LIMITED!

Be sure to sign up early. Each group will consist of a limited number of players. In 2014, all sessions sold out!

REGISTRATION:

Advanced registration is required for all sessions and players must meet prerequisites. Registration will be available for *March 24-31 sessions* beginning March 16 starting at 7pm at www.kettlercapitalsiceplex.com.

COST:

\$30 per player per session

A Tier 1 Training Interested players list is also available. This list will be reviewed by the Hockey Director. Players may be contacted if they are eligible for Tier 1 Training.

KETTLER
CAPITALS ICEPLEX

This program is for AAA and AA players only or by invitation. If you have questions about player eligibility for this program, please contact Hockey@KettlerCapitalsIceplex.com.

Group #1 2003-2004

March 24, 2015	Tuesday	5:20PM-6:30PM
March 25, 2015	Wednesday	5:40PM-6:50PM
March 30, 2015	Monday	5:50PM-7:00PM
March 31, 2015	Tuesday	6:30PM-7:40PM

Group #2 2001-2002

March 24, 2015	Tuesday	6:40PM-7:50PM
March 26, 2015	Thursday	6:40PM-7:50PM
March 30, 2015	Monday	7:10PM-8:20PM
March 31, 2015	Tuesday	7:50PM-9:00PM

Group #3 1997-2000

March 24, 2015	Tuesday	8:00PM-9:10PM
March 26, 2015	Thursday	8:00PM - 9:10PM
March 30, 2015	Monday	8:30PM - 9:40PM