



## **2015 New Generation Fall Strength and Conditioning Regimen**

The Lakeville South High School and Bantam players will have the opportunity to train at Total Hockey Minnesota this fall lead by Minnesota Wild Strength Coach, Kirk Olson and staff. This program is geared to prepare our athletes for the winter season.

### **High School Group:**

Ten Week Training Regimen  
30 Sessions  
August 17th - November 1st

Cost: \$295

### **Bantam Group:**

Six Week Training Regimen  
18 Sessions  
August 17th - October 2nd

Cost: \$195

There will be a max of 30 players eligible to participate per group.

### **To Register:**

Mail back this page with the following information written below:

Players Name:

DOB:

Email:

Group:

Deposit of \$100 is due by July 15th  
Full Balance due by August 1st  
Checks Payable to: New Generation

Address:  
AJ Bucchino  
10973 Ashley Court  
Woodbury, MN 55129

**Schedule:**

High School Group:

August:

8/17 and 8/19: 11:30 - 12:30pm  
8/21: 3:30 - 4:30pm  
8/24 and 8/26: 11:30 - 12:30pm  
8/28: 1:00 - 2:00pm  
8/31: 10:00 - 11:00am

September:

9/1 and 9/3: 10:00 - 11:00am  
9/15: 4:15 - 5:15pm  
9/16 and 9/17: 4:40 - 5:40pm  
9/22: 4:15 - 5:15pm  
9/23 and 9/24: 4:40 - 5:40pm  
9/29: 3:30 - 4:30pm  
9/30: 4:40 - 5:40pm

October:

10/1: 4:40 - 5:40pm  
10/6: 3:30 - 4:30pm  
10/7 and 10/8: 4:40 - 5:40pm  
10/13: 3:30 - 4:30pm  
10/14 and 10/15: 4:40 - 5:40pm  
10/20: 3:30 - 4:30pm  
10/21 and 10/22: 4:40 - 5:40pm  
10/27: 3:30 - 4:30pm  
10/28 and 10/29: 4:40 - 5:40pm

Bantam Group:

August:

8/18 and 8/20: 3:15 - 4:15pm  
8/21: 4:45 - 5:45pm  
8/25, 8/27 and 8/28: 3:15 - 4:15pm  
8/31: 11:30 - 12:30pm

September:

9/1 and 9/3: 11:30 - 12:30pm  
9/15: 3:10 - 4:10pm  
9/16 and 9/17: 5:50 - 6:50pm  
9/22: 3:10 - 4:10pm  
9/23 and 9/24: 5:50 - 6:50pm  
9/29: 4:30 - 5:30pm  
9/30: 5:50 - 6:50pm  
10/1: 5:50 - 6:50pm