



Summer Sports Specific Hockey Session

Sports AdvantEdge is excited to offer Hockey Specific Training Sessions!! This session is a hockey specific session for athletes entering 7th grade and in high school. The format will include a wm-up/ stick handling and shooting sessions/ speed/conditioning and a strength program geared for hockey players.

PROGRAM COMPONENTS

Mobility/ Stability
Speed Enhancement
Stick Handling/ Shooting
Strength and Power Training
Agility Training
Conditioning

MON/ WED 2 DAYS PER WEEK

MONDAY/ WEDNESDAY

2:00

MONDAY/ WEDNESDAY

3:00

TUES/ THUR 2 DAYS PER WEEK

TUESDAY/ THURSDAY

2:00

TUESDAY/ THURSDAY

3:00

10 ATHLETE MAX IN EACH CLASS

PROGRAM INFORMATION

JUNE 13TH—August 19th— 10 Weeks

SESSIONS RUN 90 MINUTES

2 DAYS PER WEEK = 20 SESSIONS \$450

ASK ABOUT NEW MONTHLY PAYMENT
OPTIONS FOR THE SUMMER TO BREAK UP
YOUR TOTAL COST!!!!

ALL ATHLETES WHO ENROLL AND
PAY IN FULL

BEFORE MAY 1st WILL RECEIVE
10% OFF FULL ENROLLMENT

NO CLASSES JULY 4TH, JULY 14TH AND 15TH

MAKE UP SESSIONS AVAILABLE FOR KIDS SCHEDULED ON THOSE DAYS!!!

Session Choice: (TOTAL DAYS) _____ (DAYS OF THE WEEK) _____ (Time) _____

ATHLETE NAME _____

GRADE _____ CONTACT PHONE _____ T-SHIRT SIZE _____

EMAIL _____

ADDRESS _____

CITY _____ ZIP CODE _____

RETURN THIS INFORMATION TO:

Sports AdvantEdge

403 Venture Court Unit 2, Verona, WI 53593

email to brian@sportsadvantedge.com

Call 608-513-6917 or 608-848-1820 to register by phone