



# BYHA Fall Acceleration Training

We want to again welcome all the traveling hockey teams involved in the Blaine Youth Hockey Association to Acceleration North Sports Training Center starting the week of October 13th! We have been hired to help develop hockey skills and athleticism for all the traveling players for an 9 week period of time. BYHA did this program with us last fall and winter and it went very well. We want to make a few adjustments this season so please read all the fields listed below.

**Where are we located?:** Acceleration North is located 1 block south west off of 694 and Lexington Avenue in Arden Hills. The first stop light south of 694 is RED FOX ROAD. Turn right on Red Fox Road and we are across the street from the Quality Inn Suites. Turn left into the parking of the LINE X building and we are in the warehouse straight ahead. Our address is 3808.

**What do players need to bring?:** All hockey players will need to bring sharp hockey skates, sticks, gloves, tennis shoes, water bottle, and workout clothing. ***Please do not bring your entire hockey bag.***

**When do the teams/parents show up to train?:** The first 2 teams will be starting at 6pm and training until 7:20pm. We suggest arriving at 5:50 to get the teams broke into groups. These teams should enter in the **FRONT** of the building through our main entrance.

The second 2 teams will be starting at 7:30pm and training until 9pm. We suggest arriving at 7:20 pm and coming in the **BACK ENTRANCE** of the building by the Acceleration Golf and Fitness sign. By splitting up the teams by using 2 entrances will help us avoid having 4 teams in main area at one time.

**Last year we had some issues with the 2<sup>nd</sup> teams misbehaving in the back of the building and throwing medicine balls, baseballs, rolling in tires, with a few instances where things were broken. Players are instructed to NOT TOUCH ANY EQUIPMENT in the weight room and wait for a trainer to come get them. COACHES/PARENTS that are in attendance are expected to control the players as the Acceleration Trainers will be busy training the first two teams .**

**What will the teams be doing at Acceleration North?:** Players will spend approximately 40 minutes on our skating treadmill developing the proper skating stride and improving speed and power. Players will also spend about 20 minutes on ground based agility and strength training and 20 minutes on stick handling and shooting fundamentals/drills/games. **Each week we will offer a shooting/stickhandling skill to focus on and have games and competitions for players. (example: saucer passes, shooting accuracy, and stickhandling)**

**Testing and attendance:** We will be taking attendance to track who is coming to these off ice training sessions. We will also be doing some testing on athletes on skating efficiency and speed. If you don't come to the sessions, you will NOT see the improvements that you are supposed to see. There are NO make ups for missed team sessions.

**INCENTIVE TO SHOW UP:** Any athlete that comes to 8 of the 9 team sessions will be eligible for special discounts next spring, summer and fall. **REGISTRATION:** New players that did not do the program last year need to go to [www.accelerationnorth.com](http://www.accelerationnorth.com) and complete the ATHLETE REGISTRATION process and agree to an online waiver. On the 2<sup>nd</sup> page, please choose PREVIOUSLY DISCUSSED PROGRAM for \$0 and continue. Choose to PAY IN PERSON and you are finished with the registration process.

Please call 651-486-0020 with any questions on the training starting the week of October 13<sup>th</sup>!