

# HOCKEY INTERNATIONAL



## JUNIOR Overspeed Program

**8 WEEKS**

TUESDAY & THURSDAY

**MAY 29 – AUG 2**

**2002 & Older** Birth Years



## PROGRAM

This program is specifically designed for players who have trained and/or would like to move to the next level of Speed, Power, Agility & Top Speed Endurance. It includes On-Ice & Off-Ice training & skills development.

**DAYS: TUESDAY & THURSDAY**

**AGES: 1998 - 2002**

**TUE: 4:00 PM – 5:45 PM** OFF-ICE Training

**THU: 4:00 PM – 5:15 PM** ON-ICE Training  
5:30 PM – 6:15 PM OFF-ICE Skills

## 2018 WEEKLY CALENDAR

SESSION	TUESDAY	THURSDAY
#1	MAY-29	MAY-31
#2	JUN-5	JUN-7
#3	JUN-12	JUN-14
#4	JUN-19	JUN-21
#5	JUN-26	JUN-28
<b>OFF First 2-weeks July</b>		
#6	JUL-17	JUL-19
#7	JUL-24	JUL-26
#8	JUL-31	AUG-2

**REGISTER ONLINE**

[www.HockeyInternational.net](http://www.HockeyInternational.net)

**HOCKEY INTERNATIONAL**

[Brett@HockeyInternational.net](mailto:Brett@HockeyInternational.net)

[Kevin@HockeyInternational.net](mailto:Kevin@HockeyInternational.net)

7117 Quiet Creek Drive, Bradenton, FL 34212

## 2018 PLAYER REGISTRATION

FIRST NAME: \_\_\_\_\_ LAST NAME: \_\_\_\_\_

DOB (MM-DD-YY): \_\_\_\_ - \_\_\_\_ - \_\_\_\_ Grade in School: \_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ ST: \_\_\_\_ Zip: \_\_\_\_\_

Parent E-mail (Required): \_\_\_\_\_

Player E-mail (Optional): \_\_\_\_\_

PLAYER Phone: (Required): (\_\_\_\_) \_\_\_\_ - \_\_\_\_

Parent Phone (or Cell): (Required): (\_\_\_\_) \_\_\_\_ - \_\_\_\_

Player Gender:  MALE  FEMALE

Team Last Season: \_\_\_\_\_

Level:  U-10  U-12  U-14  U-16  U-18+

### FULL PAYMENT DUE WITH APPLICATION

**2018 Spring-Summer Overspeed** **\$ 550**

Paid By:  Check (send with app)  Credit Card

Credit Card:  Visa  Mastercard  AMEX

Full Name on Card: \_\_\_\_\_

Card #: \_\_\_\_ - \_\_\_\_ - \_\_\_\_ - \_\_\_\_ Expy: \_\_\_\_/\_\_\_\_

CSC: \_\_\_\_\_ Billing Zip-Code: \_\_\_\_\_

(check if paid by credit card): I authorize Hockey International to charge my credit card for the amount shown above.

**Waiver:** HOCKEY INTERNATIONAL DOES NOT CARRY HEALTH INSURANCE. YOU UNDERSTAND THAT PARTICIPATION IN THE ACADEMY IS POTENTIALLY HAZARDOUS, AND THAT A REGISTERED PARTY SHOULD NOT PARTICIPATE UNLESS THEY ARE MEDICALLY ABLE AND PROPERLY TRAINED. YOU UNDERSTAND THAT EVENTS MAY BE HELD OVER PUBLIC ROADS AND FACILITIES OPEN TO THE PUBLIC DURING THE EVENT AND UPON WHICH HAZARDS ARE TO BE EXPECTED. PARTICIPATION CARRIES WITH IT CERTAIN INHERENT RISKS THAT CANNOT BE ELIMINATED COMPLETELY RANGING FROM MINOR INJURIES TO CATASTROPHIC INJURIES INCLUDING DEATH. YOU UNDERSTAND AND AGREE THAT IN CONSIDERATION OF BEING PERMITTED TO PARTICIPATE IN THE EVENT, YOU AND ANY REGISTERED PARTY, THE HEIRS, PERSONAL REPRESENTATIVES OR ASSIGNS OF YOU OR THE REGISTERED PARTY DO HEREBY RELEASE, WAIVE, DISCHARGE AND CONVENANT NOT TO SUE Hockey International FOR ANY AND ALL LIABILITY FROM ANY AND ALL CLAIMS ARISING FROM PARTICIPATION IN THE EVENT BY YOU OR ANY REGISTERED PARTY.

### PARENT OR GUARDIAN SIGNATURE

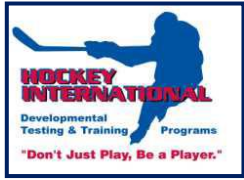
Date: \_\_\_\_\_

**MAIL TO: HOCKEY INTERNATIONAL**

Attn: **Overspeed Training**

7117 Quiet Creek Drive, Bradenton, FL 34212

Brett Strot, Assoc Head Coach of the 2018 Women's Gold Medal hockey team is bringing **Hockey International's** scientifically proven methods for the training and development of dedicated players using our specialized on-ice & off-ice programs and testing to the Florida Hospital Center Ice with the 2018 **OVERSPEED** program.



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Hockey International's player development and testing program combines comprehensive training and competition with our unique sensory development techniques. Hockey International's techniques train both the mind and body to see the game with speed, play with unbridled passion and develop the dedication to always improve – skills inherent in the great players of our time.



This program is designed to start good players on the right path to becoming elite hockey players by building their foundation to excel and achieve their goals.

## HOCKEY INTERNATIONAL TRAINING



Training the USA Hockey Women's National Team Players and 2018 Women's Olympic Gold Medal Team. Plus, Players in NCAA Div-1: Harvard, Yale, Cornell, Lake St., AirForce and numerous players at NCAA Div-2; NCAA Div-3; ACHA; USHL; NAHL

## PRESIDENT'S TRAINING MESSAGE

I would like to invite you to attend Hockey International's 2018 Overspeed Training Program. This program has been developed over the years to help hockey players understand where they are today and more importantly, how they are able to **improve their speed, strength and senses specifically for ice hockey** through this specialized on-ice and off-ice program.

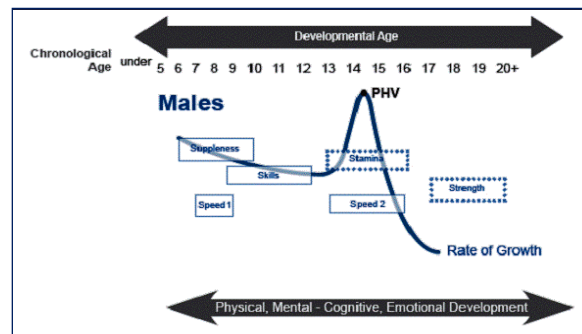


The off season is where you make your greatest gains in terms of developing speed and strength and you will benefit from it for years to come.

If you really want to improve your game, **where your age is right in the middle of the USA Hockey ADM "SPEED, STAMINA & STRENGTH" window (see chart below)** and I highly recommend you take advantage of this program.

Several players throughout Florida have taken advantage of HI's training program, helping them achieve their goals of playing in the USHL, NAHL, and EJHL & NCAA Div I-II-III college hockey as well as the 2018 USA Women's Gold Medal Olympic Team.

**Brett Strot – President  
Assoc Head Coach – 2018 US Women's Olympic Team**



## PROGRAM HIGHLIGHTS

### ON-ICE TRAINING & DEVELOPMENT

- Over-speed Training
- Overload Training
- Skills Training & Development
- Ice Awareness
- Specialized Sensory Development



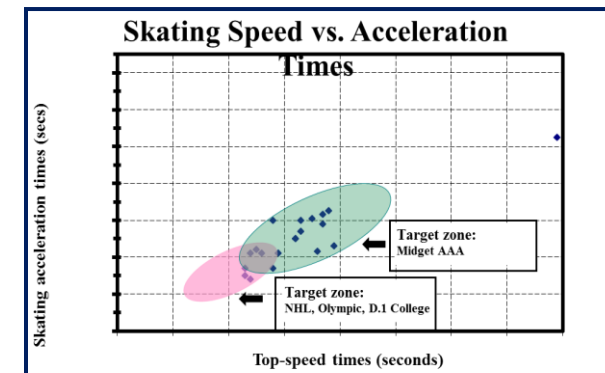
### OFF-ICE TRAINING & DEVELOPMENT

- Interval Sprint Training
- Overload Training
- Targeted Plyometrics
- Skills Training & Development
- Sprint Endurance



### ON & OFF-ICE TRAINING PRESENTATION

- Top Speed
- Acceleration
- Cornering
- Sprints & Vertical Jump



**Sample Player Testing Graph**