

TACTIC SPORTS PERFORMANCE

YOUTH HOCKEY ATHLETIC DEVELOPMENT CAMP

June 11th - August 18th



- **Program:**

- The camp will work towards developing the total athleticism of each athlete. Athletes will go through intensive mobility and movement corrective exercises, skill development (speed, change of direction, jump, acceleration and deceleration) and have a progressive strength training that is appropriate towards the age level and experience. This program will also spend extra attention to strengthening and creating mobility in common injured areas such as the groin muscles and shoulders for those who are checking. Attendance to each session is highly recommended in order to achieve maximum results
- The Hockey Development Camp will work to improve:
 - Injury Prevention
 - Confidence
 - Overall Strength / Explosiveness
 - Speed / Agility / Acceleration - Deceleration
 - Rotational Power
 - Shoulder - Elbow - Wrist Strength / Stability
 - Core Strength / Stability

- **Pricing:**

- \$450 - Discount of 10% for those missing more than 2x weeks for vacation. Must notify before purchasing
- A strong effort at accommodations will be made to players on teams with scheduling conflicts
- Family Discount of 2+ athletes offered at 10% off of total price

- **Metric Testing:**

- Athletes will perform baseline and program completion testing
- Ideal for showing progression and to highlight limitations & imbalances

- **Nutrition Overview:**

- Group Nutritional Counseling - How and when to fuel, healthy ways to gain mass, etc.

- **Scheduling:**

Please see the attached schedule below

- Group A ('07-'09 Birth Year).
- Group B ('04-'06 Birth Year)
- **Schedule and group assignments are subject to change based on class needs**

Please email info@tacticsp to RSVP to secure a spot. Please include athlete's team level and year.

Example of Metric Testing Sheet:

ATHLETE PROGRESS REPORT

JASON TREMBLAY

AGE 25

HEIGHT 5'10"

WEIGHT 175 lbs

GENERAL INFORMATION

	BEFORE	AFTER
TEST #:	1	2
TEST DATE:	Aug, 09	Aug, 09

POWER PROFILE

	BEFORE	AFTER
NCM JUMP (in)	28.2	29
CM JUMP (in)	474.5	508
HARMANN AP	474.5	508
APPROACH JUMP (in)	120	125
BROAD JUMP (in)	100	105
L LATERAL BOUND (in)	65	70
R LATERAL BOUND (in)	70	75
SEATED MB THROW	120	125
10 yd SPRINT (s)	2	1.5
20 yd SPRINT (s)	3	2.5
5-10-5 AGILITY (RIGHT)	7	6
5-10-5 AGILITY (LEFT)	8	7
5-10-5 AGILITY (AVERAGE)	7.5	6.5
300 YARD SHUTTLES (s)	66	66

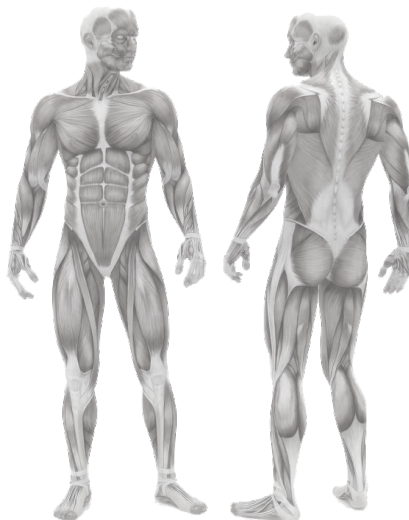
INJURY STATUS & HISTORY

1. PREVIOUS RIGHT CUFF INJURY
2. CURRENT LEFT HIP FLEXOR SYMPTOMS
3. LINGERING LEFT ANKLE RESTRICTION
4. PREVIOUS LOW BACK ISSUE
5. N/A

PERFORMANCE PROFILE

	BEFORE	AFTER
HANG CLEAN	335 x 3	345 x 3
CLEAN	285 x 1	295 x 1
SNATCH	435 x 2	445 x 2
BACK SQUAT	335 x 5	345 x 5
DEADLIFT	235 x 12	245 x 12
TRAP BAR DEADLIFT	425 x 5	445 x 5
BENCH PRESS	395 x 5	405 x 5
PUSH-UP	173 x 75	175 x 75
PULL-UP	173 x 40	175 x 40

KEY AREAS



THE BIG 3

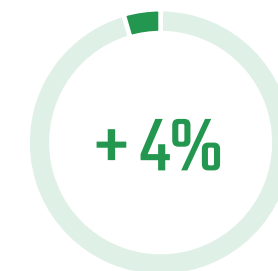
APPROACH JUMP (in)



5-10-5 AGILITY (RIGHT)



TRAP BAR DEADLIFT



ATHLETE REPORT CARD

Tactic Sports Performance
 1885 Holste Rd
 Northbrook, IL 60062
www.tacticsp.com
 (224) 326-2367



SUMMER 2018
JUNE 11TH - AUGUST 19TH

	MON-	TUE-	WED-	THU-	FRI-	SAT-
9 am :30						Advanced 9:00 - 10:30AM
10 am :30	Advanced 10:00 - 11:30AM		Advanced 10:00 - 11:30AM		Advanced 10:00 - 11:30AM	Intermediate 10:00am - 11:00AM
11 am :30						Hockey Development Group A 10:30-11:30PM
12 pm :30	Intermediate 11:30am - 12:30PM		Intermediate 11:30am - 12:30PM		Intermediate 11:30am - 12:30PM	Hockey Development Group B 11:00pm - 12:00PM
1 pm :30						GBS HOCKEY Combined Group Weightroom Only 12:00 - 1:00PM
2 pm :30	College 2:00-4:00PM	College 2:00-4:00PM	College 2:00-4:00PM	College 2:00-4:00PM		
3 pm :30						
4 pm :30	Advanced 4:00pm - 5:30PM	Advanced 4:00pm - 5:30PM	Advanced 4:00pm - 5:30PM	Advanced 4:00pm - 5:30PM		
5 pm :30	Hockey Development GROUP B 4:45 - 5:45PM	Intermediate 5:00pm - 6:00PM	Hockey Development GROUP B 4:45 - 5:45PM	Intermediate 5:00pm - 6:00PM		
6 pm :30	Hockey Development GROUP A 5:45 - 6:45PM	GBS HOCKEY Yellow Group 5:30-7:00PM	Hockey Development GROUP A 5:45 - 6:45PM	GBS HOCKEY Yellow Group 5:30-7:00PM		
7 pm :30		GBS HOCKEY Blue Group 6:15 - 7:45PM		GBS HOCKEY Blue Group 6:15 - 7:45PM		
8 pm :30						
:31						
:32						
:33						

