



FREQUENTLY ASKED QUESTIONS

Q: What is IDP (Ice Den Performance)?

A: Ice Den Performance is a state of the art, specialized training facility designed specifically for ice sports athletes: hockey players and figure skaters. The facility features a wide range of sport specific training apparatuses and equipment for functional training, including 30-yard turf and shooting lanes used for skill development.

Q: What services does IDP provide?

A: Clients have two (2) options for training at with IDP coaches. These options include 1-on-1 personalized training and small group training (up to six athletes). Off-season training sessions for specific age divisions are offered from June – August.

Q: Who is eligible to train at IDP?

A: Athletes must be 11 years of age or older with parent/guardian approval. The target audience for IDP is hockey players who compete in the Peewee age division or older and advanced figure skaters.

Q: What can be expected at an IDP session?

A: Private Training is a 90-minute session which includes strength & conditioning as well as shooting lanes tailored to the athlete's needs. Small Group Skills consists of a 60-minute session of conditioning and shooting lanes tailored towards the group. Figure skating training is a 60-minute strength & conditioning session.

Q: How do you identify the needs of your client and tailor an individualized program?

A: A functional movement screen (FMS) and variety of fitness tests will be performed to analyze the clients' strengths and weaknesses. When analyzing these results, additional factors such as whether the athlete is in-season or off-season are considered to tailor to the athlete's current situation and goals. Based on those factors and test results combined, a personalized plan is then created for the client that compliments on-ice training.

Q: Can I book shooting lane time only?

A: Shooting lanes are not available for individual rental. Shooting lanes are offered in conjunction with all training options, but not stand alone.

Q: Does IDP offer open gym hours?

A: IDP offers an exclusive training environment specifically for ice sports athletes. To ensure proper training clients do not have open access to the IDP amenities. To utilize the facility and its amenities an athlete must be booked for a coach led training session.

Q: How do I register and pay for my sessions?

A: All clients are required to create an account on the Ice Den Performance Registration system powered by MindBody. A credit card method of payment is linked to the account to purchase sessions. Once registered you can manage your appointments/purchases via the IDP app (available in the Apple App or Google Play stores) or by using the web version. Required Fields include address, city, zip code, mobile phone, birthdate and emergency contact.

Q: What is the required dress code?

A: Athletes are required to wear proper gym/training apparel, sneakers/running shoes on the training floor and wear own hockey helmet, hockey stick and hockey gloves when required. No flip flops.