



## 6 WEEK PROGRAM

Two on-ice and two off-ice workouts per week

### JULY 13 - AUGUST 19

(Includes 12 On-Ice & 12 Dryland Sessions)

#### AGES 9 - 12

**TUESDAYS & THURSDAYS**

**Dryland 5:40 - 6:15PM**

**On-Ice 6:30 - 7:20PM**

#### AGES 13 - 16

**TUESDAYS & THURSDAYS**

**Dryland 6:40 - 7:15PM**

**On-Ice 7:30 - 8:20PM**

**Refunds and Credits** - Enrollment in each program is limited. Consequently, it is not possible for Suburban Ice East Lansing to offer an open refund policy. A processing fee will be charged on all cancellations.

Tuition refunds will not be made if the order is cancelled less than 14 days prior to the beginning of the class. In the event that it is necessary to cancel after that date for medical reasons, a credit certificate for tuition in a future program will be issued.

## KEY FOCUS

**This program is designed for players who want to play at the highest level.**

**SKATING** – Edge Control / Power / Stability with and without the puck

**STICKHANDLING** – Puck protection / ability to handle in traffic and make quick plays

**SHOOTING** – Quick release / Backhand to Forehand release / Snap / Slap

**HOCKEY IQ** – Skill and Drills that focus on creating Hockey intelligence

**COMPETE LEVEL** – Intense Drills & Pace that push hockey players abilities

**TEAM ATMOSPHERE** - Working together 8 weeks On-Ice and in the Weight Room

**GOALTENDERS:** specific training highlighting mobility, tracking, and crease coverage techniques.

## COST \$350

FOR MORE INFORMATION CONTACT:

Jeff Mitchell: [jmitchell@suburbanice.com](mailto:jmitchell@suburbanice.com)

Jared Pardoski: [jared.pardoski@suburbanice.com](mailto:jared.pardoski@suburbanice.com)

***For the committed hockey player serious about playing at***

Suburban Ice East Lansing

2810 Hannah Blvd • East Lansing, MI 48823

## THE NEXT LEVEL

**REGISTER ONLINE: SUBURBANICEEASTLANSING.COM**



*Perani's*

**BAUER**

**SUBURBAN  
ICE**  
EAST LANSING