

The Glenview Stars are excited to announce a NEW skills format for the boys for the 2018 – 2019 season!

Format:

Every Monday, **all** teams will participate in one hour of off-ice training and one hour of on-ice skills. Two teams will share one time slot as in years past. One week these two teams will be at the Tactic Sports Performance facility for forty-five minutes and then at the Glenview Ice Center for one hour on the ice. The following week, these two teams will be at Mt. Prospect for two hours working forty-five minutes with Lateral Edge and one hour on the ice. The other two teams for that level will attend the opposite locations.

Instructors:

We are so fortunate to have hired Kevin Delaney, the **Chicago Blackhawks Skills Coach**. Kevin and staff will run the on-ice skills at the Glenview Ice Center every Monday. Prior to this ice time, those players will be training at Tactic Sports Performance (<http://tacticsp.com/>) with Casey Tiesman and his team working on strength, agility and speed.

The following Monday, those two teams will report to Mt. Prospect where they will have dryland training with Lateral Edge (<http://www.lateraledgeonline.com/>) for one hour. Following this hour, the players will skate with Sandy Cooney who is a Canadian power skating instructor who has worked with all ages and levels from A – AAA. Sandy and staff will run the on-ice portion at Mount Prospect.

Skills and dryland training are the foundation for player development and consistency, which translates into a successful hockey season. We hope you are as excited about these changes as we are.

Example of schedule:

<u>Location/Time:</u>	<u>Mon., 10/8/18</u>	<u>Mon., 10/15/18</u>
<i>Tactic facility, 5:00 – 6:00</i>	<i>PW1, PW2</i>	<i>PW3, PW4</i>
<i>GIC Skills, 6:40 – 7:40</i>	<i>PW1, PW2</i>	<i>PW3, PW4</i>
<i>Lateral Edge (MP) 5:00 – 6:00</i>	<i>PW3, PW4</i>	<i>PW1, PW2</i>
<i>Power Skating (MP) 6:30 – 7:30</i>	<i>PW3, PW4</i>	<i>PW1, PW2</i>