

Total Package

If hockey is your passion, Total Package is for you! This is an intensive off-season camp spanning 4+ summer months with 5 phases that will take your game to the next level!

All the building blocks for great hockey: technique, strength, power, speed, agility, nutrition, injury prevention and rehab, mental preparation, yoga, team-building and more.

Players work through a carefully integrated program of **on-ice and dry land** exercises designed to take your game to the next level. Improve your athletic abilities, build intensity & commitment, and improve your personal self.

Watch your hockey take off! All the elements of great play, in an **intense summer-long program**.

April 26 - August 17

Level	Cost
Bantam (98, 99)	\$1600
Midget (95 - 97)/Junior (94+)	\$1600

All prices include GST.

If interested in bringing a dryland program to your community, call Tina at 780-524-8475

Phase 1: Knowledge

Train smarter, not just harder! By understanding what goes into great play and training, you'll maximize the payoffs from your training. One classroom session covers biomechanics & technique, physiology, nutrition, injury prevention, new trends in training, leadership skills, mental preparation, teamwork and goal setting.

Phase 2: Building Blocks

Dry Land includes: Pre and post program fitness test and 24 training sessions.

Athletes will work on: Long-duration cardio, sprint sessions, core workouts, foot work, foot speed, upper and lower body strength, stretching, balance exercises, hand/eye coordination, circuit training and yoga sessions.

Positives include: Sport specific training and training support.



Phase 3: Power and Speed



Game Speed Requires Power! Build your power with controlled muscle overload, using weighted exercises, plyometrics and resisted sport-specific movements.

Dry Land: Progressively build your speed, starting with non-resistance foot speed and work up to resisted sprints and over speed drills. Ladders, hurdles, shuttles, weighted vests, medicine balls, plyometrics and hill training.

On-Ice: 5 Power Skating Sessions

Power Plus's own system of progressive drills will help to improve every aspect of your hockey skating performance-technique, speed, power and agility.

Phase 4: Total Package

Bringing it all together and turning up the heat!

Dry Land includes: multidimensional circuits to build on what you've learned and let you own it. Lots of sweat and hard work.

5 day on-ice skills camp will focus on shooting, passing and puck control. All skills, drills and scrimmages are performed at high-intensity to continue building, stamina and game speed.

Phase 5: 45/45 Conditioning

5 days of 45/45 Conditioning.

Each day of 45/45 Conditioning includes: 45 minutes of power skating, conditioning and core stability, then 45 minutes of high tempo hockey skills, drills and 4-on-4.

Using our proven format of power skating, skills, high tempo drills and scrimmages, you will **consolidate your gains**.

Preparation = Confidence, Confidence = Increased Speed!

Locations and Times

TOTAL PACKAGE GRANDE PRAIRIE

1 - Class Room Session April 26

Coca-Cola Centre, #6 Knowledge Way, Grande Prairie, AB
Session begins at 6:00 - 9:30 pm

Fitness and Speed Tests

Fitness Test **Pre April 30 / Post June 28**

24 - Dry Land Training Sessions

April 26 - June 28

Level	Time
Bantam (98, 99)	6:30 - 8:00 pm
Midget (95 - 97)/Junior (94+)	8:00 - 9:30 pm

Training Days: Monday, Tuesday and Thursday
Location: Indoor Soccer Pitch

3 - 5 Day On-Ice Camps

Power Skating Skills Conditioning
July 9 - 13 July 23 - 27 August 13 - 17

Level	Ice Time
Bantam (98, 99)	6:30 - 7:45 pm
Midget (95 - 97)/Junior (94+)	8:00 - 9:15 pm

Location: Coca-Cola Centre

TOTAL PACKAGE \$1600

Payment option of 4 post-dated cheques or 4 credit card deposits online (April 15, May 15, June 15 and July 15) is available

Total Package is...

24 Dry Land Sessions, 1.5 hours long, which equals 36 hours of professional instruction **Plus**
10 On-Ice Sessions, 1.25 hours long, plus 5 Conditioning Sessions, 1.5 hours long, which equals 20 hours of professional power skating and skill development
For \$29/session

2012 Schedule



APRIL 2012							MAY 2012						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
									1		3		
							7	8			10		
							14	15			17		
				26			STAT TRAINING BREAK						
						30	28	29			31		
JUNE 2012							JULY 2012						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
							STAT TRAINING BREAK						
		4	5		7		9	10	11	12	13		
		11	12		14								
		18	19		21		23	24	25	26	27		
		25	26		28								
AUGUST 2012													
Sun	Mon	Tues	Wed	Thurs	Fri	Sat							
STAT TRAINING BREAK													
				13	14	15							
				16	17								

- Phase 1: Classroom
- Phase 2: Building Blocks
- Phase 3: Power & Speed
- Phase 4: TOTAL Package
- Phase 5: 45/45 Conditioning

Instructors



Tina Caron
Power Skating



Brett Stephenson
Skills



Jean Bourbeau
Power Skating & Skills



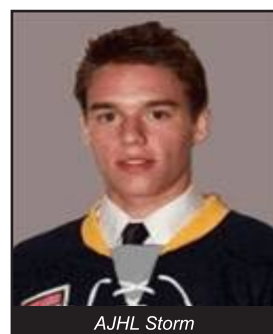
Tanya Morgan
Conditioning & Power Skating



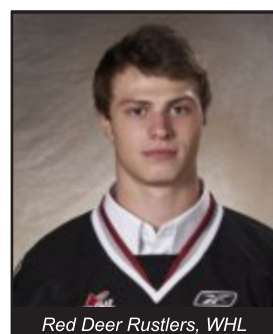
Dennis Rix
Conditioning & Skills



Kira Sonneberg
Power Skating



Jordan McTaggart
Conditioning, Power Skating & Skills



Tyson Ness
Conditioning, Power Skating & Skills

"Take the time... get the results"

Power Plus
HOCKEY SKATING INC.