



HOCKEY STRENGTH TRAINING



OFF ICE TRAINING FOR ON ICE PERFORMANCE

Participants will learn the fundamentals of weight training and plyometrics then progress through a systematic power building program in order to develop hockey strength and speed.

This program is for hockey players who want to improve performance and play bigger, faster and stronger. The focus will be on developing core strength and leg strength.

Under the Co- direction of:

Paul Jenkins BA Colgate University, Master of Sport Certificate University of Maastricht, NE Region Director Central Scouting Bureau and Head Coach of EJHL Huskies

Tim Pelletier BS Plattsburgh State and Head Coach Empire Junior Hockey Huskies

Dates: **A:** June 16 to July 16 (10 sessions) **B:** July 21 to August 20

Days: Tuesday and Thursday (2x per week)

Time: Group I- 5pm; Group II -6:10pm

Maximum group size is 10. Grades 8 to PG. Players will be grouped accordingly.

Cost: \$275

Location: Skate 3 Arena @ Huskies fitness room above white rink.

Information: email: info@jrhuskies.com or call 508-561-7657 or 508-498-1536

To enroll fill out application below and send payment CHECK to:

Paul Jenkins PO Box 362, Grafton, MA 01519

NAME: _____ AGE: _____

ADDRESS: _____ CITY: _____ ZIP _____

TELEPHONE: _____ EMAIL: _____

WAIVER I understand that in consideration for participating in the described program I will not hold the directors, Paul Jenkins, Tim Pelletier, Skate 3 Arena, the New England Huskies Hockey Club, Competitive Edge Hockey or any affiliates liable for any injury that may occur as a result of participation. I certify that I am in good health and all pre-existing injuries will be disclosed to the staff.

Signature of participant or Parent/guardian if under age 18: _____

Date: _____ Session attending- (Please circle) A B Group I Group II