



2011 DRYLAND TRAINING PROGRAM

ALL SESSIONS AT LANGLEY TWIN RINKS IHD GYM

MAX 12 PLAYERS

FALL Oct 8 to Dec 18 (11 weeks)

WINTER Jan 8 to March 11 (10 weeks)

TUESDAYS 6:15-7:15 PM

Fall 11 weeks - \$330 + GST

Winter 10 weeks - \$300 + GST

Combined – Fall and Winter- \$550 + GST

This program is only for players who are looking for the utmost in player development. Players should feel excited about new challenges and motivated to improve.

All training sessions will consist of age appropriate exercises and methodologies

This is a unique training opportunity for players. Each dryland session will be in a safe, fun and motivating environment. The training program will be structured and instructed by IHD certified trainers. Each player will receive a hockey specific training program manual to maximize each training session. Players will learn the fundamentals of basic movements and that if you are dedicated and consistent you will see great results. This program is the foundation of showing kids that if you work hard you will be rewarded.

Payment is required upon registration. No prorated costs or make up sessions will be allowed in this program.

To register for this program please visit

WWW.IMPACT-HOCKEY.COM