

Power Plus

HOCKEY SKATING INC.

2018 SPRING & SUMMER CAMPS



TOTAL PACKAGE

BE A FORCE, EVERY TIME YOU STEP ON THE ICE

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

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 and commitment, and improve your personal self.

APRIL 26 – AUGUST 3

LEVEL	COST
Bantam (04-05) /Midget (01-03)	\$1650

If interested in bringing a dry land program to your community, call Tanya at 780.933.6814

SKILLS SESSIONS

TAKE YOUR SKILLS TO THE NEXT LEVEL

Power Plus' skills sessions are high intensity skill development camps designed to improve a dynamic range of hockey skills including skating, stick handling, shooting, and passing. All sessions challenge athletes to improve their skills while participating with a high level of speed, intensity, and commitment to improvement.

45/45 CONDITIONING + 45

HEAD INTO TRYOUTS WITH CONFIDENCE

Each day of 45/45 conditioning includes:

- » 45 min. of power skating, conditioning, and core stability
- » 45 min. of high tempo hockey skills, drills, and 4-on-4
- » +45 min. high-intensity, dry land group training

PROGRESSIVE POWER SKATING PROGRAM

10 SESSIONS FOR \$480

REPROGRAM YOUR BODY FOR POWER, AGILITY & SPEED
10 session power skating program, delivered in two 5-day blocks (10 sessions for \$480) or as an optional 5-day half-program (for \$250). Power Plus' own system of progressive drills will help to improve every aspect of your hockey skating performance—technique, speed, power, and agility. You'll also master special conditioning drills that will increase your strength, power, and stamina.

JULY 2 – 6 | JULY 16 – 20 | NORTH ARENA

LEVEL	TIME	COST
Novice (10-13)	3:30-4:45 pm	\$250
Atom (08-09) Pee Wee (06-07)	5:00-6:15pm	\$250
Bantam (04-05) Midget (01-03) Junior (00+)	6:30-7:45pm	\$250

JULY 30 – AUGUST 3 | NORTH ARENA

LEVEL	TIME	COST
Bantam (04-05) Midget (01-03)	7:00-8:15pm	\$250

SOUTH ARENA

AUGUST 7 – 10 | 4 DAYS | \$200 + \$50 DRY LAND

AUGUST 13 – 17 | 5 DAYS | \$250 + \$60 DRY LAND

LEVEL	TIME (ICE)	TIME (DRY LAND)
Novice (10-13)	11:00-12:30pm	9:45-10:30am
Atom (08-09)	12:45-2:15pm	11:30-12:15pm
Pee Wee (06-07)	2:30-4:00pm	1:15-2:00pm
Bantam (04-05)	4:15-5:45pm	3:00-3:45pm
Midget (01-03)/Junior (00+)	6:00-7:30pm	4:45-5:30pm

TOTAL PACKAGE

BE A FORCE, EVERY TIME YOU STEP ON THE ICE

If hockey is your passion, Total Package is for you! This is an intensive off-season camp spanning 4+ spring/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 care, mental preparation, team-building, and more.

Players work through a carefully intergrated program of on-ice and dry land exercises designed to take your game to the next level. Improve your athletic abilities, build intensity and commitment, and improve your personal self. Watch your hockey take off! All the elements of great play, in an intense summer-long program.

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: 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, and circuit training sessions.

POSITIVES: Sport specific training and training support.

PHASE 3: POWER + 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: 10 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

BRING IT ALL TOGETHER & TURN UP THE HEAT: Dry Land includes: multi-dimensional 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 (RECOMMENDED)

Each day includes: 45 min. of power skating, conditioning, and core stability training, then 45 min. 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!**



TANYA CHOMYC
Conditioning, Power Skating & Skills



MATT CHOMYC
Conditioning, Power Skating & Skills



WALKER COTE
Conditioning, Power Skating & Skills



ERIN WEEKS
Dryland Training / Conditioning

FOR MORE DETAILS, SCHEDULING & INFO ON OUR COACHES, VISIT POWERPLUSHOCKEYSKATING.COM

TOTAL PACKAGE: LOCATION, TIME & SCHEDULE

CLASS ROOM SESSION

APRIL 26

FITNESS & SPEED TESTS

PRE: APRIL 30 & POST: JULY 12

DRY LAND TRAINING SESSIONS

APRIL 30-JULY 12

LEVEL	TIME
Bantam (04-05)/Midget (01-03)	5:30-7:00pm

Training Days: Monday, Tuesday & Thursday

ON-ICE CAMPS

JULY 2-6 & 16-20

LEVEL	TIME
Bantam (04-05)/Midget (01-03)/Junior (00+)	6:30-7:45pm

Location: Coca Cola Centre

SKILLS CAMP

JULY 30-AUGUST 3

LEVEL	TIME
Bantam (04-05)/Midget (01-03)	7:00-8:15pm

Location: Coca Cola Centre

TOTAL PACKAGE IS...

24 DRY LAND SESSIONS: 1.5 hours long, which equals 36 hours of professional instruction.

+15 ON-ICE SESSIONS: 1.25 hours long, which equals 18.75 hours of professional power skating and skill development.

REST PERIODS ARE CAREFULLY PLANNED, ALL LONG WEEKENDS OFF!

TOTAL PACKAGE COSTS \$1650

A payment option of 4 post-dated cheques (April 15, May 15, June 15, July 15) is available for your convenience.

APRIL 2018

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

MAY 2018

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

JUNE 2018

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	30	31

JULY 2018

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

AUGUST 2018

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

- Training Break
- Phase 1: Classroom
- Phase 2: Building Blocks
- Phase 3: Power & Speed
- Phase 4: Total Package

TAKE THE TIME... GET THE RESULTS

TOTAL PACKAGE
APRIL 26 - AUGUST 3 | \$1650

**PROGRESSIVE POWER
SKATING PROGRAM**
JULY 2 - 6 | JULY 16 - 20
\$250 OR \$480 / 10 SESSIONS

SKILLS SESSIONS
JULY 30 - AUGUST 3
\$250

45/45 CONDITIONING + 45
AUGUST 7 - 10 | 4 DAYS | AUGUST 13 - 17 | 5 DAYS
\$200 + \$50 (DRY LAND) | \$250 + \$60 (DRY LAND)

LOCATION: COCA-COLA CENTRE
6 Knowledge Way, Grande Prairie T8W 2H5

REGISTER: POWERPLUSHOCKEYSKATING.COM
Register online or complete this form



REGISTRATION

TOTAL PACKAGE | \$1650 | April 26 - August 3

PROGRESSIVE POWER SKATING PROGRAM
\$250 OR \$480 / 10 SESSIONS

July 2 - 6 July 16 - 20

SKILLS SESSIONS | \$250 | July 30 - August 3

45/45 CONDITIONING + 45

August 7 - 10 (4 days) August 13 - 17 (5 days)

\$200 \$250

Plus Dry Land (\$50) Plus Dry Land (\$60)

CONTACT

Player's Name _____

M F Birth Date (d/m/y) ____/____/____

Address _____

City/Province _____ Postal Code _____

Phone _____ Alt Phone _____

Email _____

Parents' Names _____

METHOD OF PAYMENT

Master Card Visa

Expiry _____ Amount _____

Card # _____

Name on Card _____

Cash \$ _____ Cheque # _____

4 Postdated Cheques

Visa, MasterCard, Cash, Cheque and E-Transfer accepted.
Refunds for medical reasons only.

PARENT/PLAYER CONSENT WAIVER

I hereby consent on behalf of myself/my child to participate in the Power Plus Hockey Skating Inc. Spring/Summer 2018 Skating Camp at my/his/her risk. I further consent to Power Plus Hockey Skating Inc. using any photos taken of me/my son/my daughter at camp for marketing and promotional pictures without charge.

I understand and agree that Power Plus Hockey Skating Inc., any employees/representatives of Power Plus Hockey Skating Inc., or hired by it will not be held responsible for accident, injury, loss, or damage, however caused.

I hereby release the said parties from any and all claims, damages, actions, losses, and expenses which may arise as a result of the accident, injury, loss, or damage to myself/my child, notwithstanding that the said injury, loss, or damage may have been caused by or contributed by the negligence of Power Plus Hockey Skating Inc., any employees, representatives, and/or any persons hired by it.

I have read and understood this waiver.

Parent Guardian or Participant Signature

Date (d/m/y)

POWER PLUS HOCKEY SKATING INC.

Contact: Tanya Chomyc | Phone: 780.933.6814 | Fax: 780.766.3018 | tanya@powerplushockeyskating.com
10636 Michaelis Blvd. Grande Prairie, Alberta T8W 2H5