



2011 Program Information

"DISCOVER HOW FAR YOU CAN GO!"

Optimal Training Academy (OTA):

Dryland Training: (ages 9+)

Former Pan Am Games Champion and Olympic athlete Terry Hadlow is the head instructor.

Highly committed athletes looking for an Optimal Training experience should look no further. The Optimal Training Academy (OTA) will focus on athletes' physical power, speed and core body strength in a positive and very challenging environment.

- program runs May 2nd – August 20th (16 weeks)
- 5-6 sessions per week
- sign up in 4 week blocks, or join for the entire 16 weeks
- program developed based on age and athletic ability

On-Ice Training: (ages 9+)

Anthony Knapp is the Program Director, and head instructor of the on-ice training.

Hockey players looking for a casual skate or scrimmage time should stay home. This program is developed around the principles of the dryland training. The purpose of these sessions is to get our athletes into a position where they are most likely to succeed once tryouts begin. These sessions are training focused, and not hockey oriented.

- program runs June 14th – August 18th (10 weeks)
- 2 on-ice sessions per week (Tuesday and Thursday)
- price includes jersey

On-Ice Goalie Training : (ages 9+)

Head Instructor Rejean Beauchemin is a former Canadian World Junior Hockey Champion and draft pick of the Philadelphia Flyers. Rejean currently plays goalie in the German elite league

- program runs June 27th – August 17th (8 weeks)
- 2 on-ice sessions per week (Monday and Wednesday)

Pricing:

Dryland Training: \$275/4 week block or \$1100/entire summer

On-Ice Hockey Training: \$500/20 sessions

On-Ice Goalie Training: \$800/16 session

Combo: Dryland and On-Ice Hockey Training: \$1350/entire summer

Combo: Dryland and On-Ice Goalie Training: \$1600/entire summer

Contact Anthony Knapp, Program Manager at 254-1010 (201) or email dakotaccpm@shaw.ca