

2010 Program Information

"Take your game to a new level!"

Optimal Training Academy (OTA):

1. Athletic Performance Dryland Training (ages 9+) Former Pan Am Games Champion and Olympic athlete Terry Hadlow as the Head Instructor.

Highly committed athletes between the ages of 9 and 19 looking for an Optimal Training experience need to look no further. The Optimal Training Academy (OTA) will enhance athletes' physical power, speed and strength that will carry over into further development in whatever sport the athlete may play.

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

2. On-Ice Hockey Training and Instruction (ages 9+) Head Instructor Anthony Knapp is Program Director, and has over 7 years of professional instruction experience. Elite hockey players looking to stay sharp, and improve upon their physical fitness and hockey skills over the summer months will choose this program. All drills will be run at game-speed, allowing players to perform better under fatigue once their season begins.

- program runs June – August (10 weeks)
- 2 on-ice sessions per week (Tuesday and Thursday)
- focus on puck control, shooting and skill development
- price includes jersey

3. On-Ice Goalie Training and Instruction (ages 9+) Head Instructor Reg Beauchemin is a former Canadian World Junior Hockey Champion and draft pick of the Philadelphia Flyers. Reg currently plays goalie in the ECHL for the Idaho Steelheads, and offers limitless experience as a goalie coach.

- program runs May – August (16 weeks)
- 16 one hour on-ice sessions
- professional instruction, immediate feedback
- small groups to ensure high quality

- price includes jersey

Pricing:

1. Athletic Performance Dryland Training - \$275/4weeks or \$1100/all 16 weeks

2. On-Ice Hockey Training and Instruction - \$500/20 sessions

3. On-Ice Goalie Training and Instruction - \$800/16 session

4. Combine Athletic Performance Dryland Training and On-ice Hockey Player Instruction for the entire summer: \$1300

5. Combine Athletic Performance Dryland Training and on-ice Hockey Goalie Instruction for entire summer: \$1600

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