

Registration Information

Payment can be made over the phone, in person at the Main Office or online at www.dakotacc.com.

Payment is due in full; debit, VISA, MasterCard, cash, or cheques are accepted.

The Program Manager reserves the right to move the participants from one team/camp to another to ensure a high quality experience for the participant.



Contact Information

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Visit <http://www.dakotacc.com> for more information regarding the OTA, and register today!

Dakota Community Centre

Optimal Training Academy: Spring and Summer Session

May - August (16 weeks)



Optimal Training Academy

Athletes 8+ years old looking to take their physical fitness to the next level will choose the Dakota Community Centre's Optimal Training Academy (OTA).

The OTA has 3 different components that customers can choose from:

1. **Athletic Performance Dryland Training:** A 16 week dryland program that will push athletes to the next level. This program is not sport specific. Participants can sign up for the entire 16 weeks, or 4 week blocks at a time.

For hockey players, this program can be partnered with either of the following two OTA programs.

2. **On-Ice Hockey Training:** The on-ice hockey training is designed to enhance players' stamina and skating ability. Participants will spend their time moving, working at improving their foot speed and skating technique. Puckwork will be incorporated into the sessions, as players will be asked to simulate game-like intensity. Sessions will run Tuesday and Thursday nights for 10 weeks beginning in the middle of June.
3. **On-Ice Goalie Training:** The on-ice goalie training at Dakota Community Centre is second to none. Goalies will be put through an extensive on-ice workout, that will focus on speed, conditioning and technique. Sessions are scheduled for Tuesday nights beginning in May and running for 16 weeks.



Pricing:

1. Athletic Performance Dryland Training:

May to August inclusive: \$1,100.00

Monthly: \$275.00

2. On-Ice Hockey Training:

June to August (10 weeks/20 sessions): \$500.00

3. On-Ice Goalie Training:

May to August (16 sessions): \$800.00

Combination Packages:

1. Athletic Performance Dryland and On-Ice Hockey Training:

May to August: \$1,300.00

2. Athletic Performance Dryland and On-Ice Goalie Training:

May to August: \$1,600.00

Customer Testimonial

"The OTA hockey program is a collection of fast-paced, intense drills that challenges the athlete and further refines the skills of an advanced hockey player. During the on-ice portion, emphasis is placed on speed and puck control concurrently. There are very few programs that can measure up... expect to see a marked improvement in your child's conditioning and on-ice performance."

Nan Marques; father of 3 and coach in the Fort Garry North Hockey Association

Optimal Training Academy Coaches

1. Athletic Performance Dryland Training:

Terry Hadlow has been at Dakota Community Centre for 9 years, and brings an intensity and knowledge few can match. Terry has appeared in the Olympics for the Canadian weightlifting team, and has also captured a gold medal at the Pan American Games. Terry has a great understanding of the athletes he trains, and knows what they need to do to achieve the next level of their athletic development.

2. On-Ice Hockey Training

Anthony Knapp is the Program Manager at Dakota Community Centre and brings a great enthusiasm and energy to the on-ice training sessions. Anthony has been in the hockey training business for some time, and is quickly establishing a strong reputation in the field.

3. On-Ice Goalie Training:

Rejean Beauchemin is currently the goalie for the ECHL's Idaho Steelheads, and has also spent time this season with the Manitoba Moose of the American Hockey League. Rejean's career highlights include playing at the World Junior Hockey Championship for Team Canada, and getting drafted by the Philadelphia Flyers. Rejean offers endless teaching ability and knowledge of the goaltending position.



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