

2010 Summer Programs – Hockey Haven Training Centre

Junior-Pro Elite Off-Ice / On-Ice Package - \$1400 plus gst

- May 24-August 27
- 70 Off-Ice Training Sessions
- 15 On-Ice Sessions (5 skating, 5 skills practices with guest coaches, 5 scrimmages.)

Midget Elite Off-Ice / On-Ice Package - \$1300 plus gst

- June 7 – August 27
- 60 Off-Ice Training Sessions
- 15 On-Ice Sessions (5 skating, 5 skills practices with guest coaches, 5 scrimmages)

Bantam Elite Off-Ice / On-Ice Package - \$920 plus gst

- June 7 – August 27
- 36 Off-Ice Sessions
- 15 On-Ice Sessions (5 skating, 5 skills practices with guest coaches, 5 scrimmages.)

Elite Take Home Program - \$680 plus gst

- 12 Week Personal Training Program (3 Phase)
- 24 Instructed Sessions (Charlottetown)
- 15 On-Ice Sessions (5 skating, 5 skills practices with guest coaches, 5 scrimmages.)

Rapid Shot / Intro To Off-Ice Training (Atom/Pewee)

- \$160 plus gst

- July 4 – August 27
- 8 Sessions which include:
 - 30 minutes RAPIDSHOT training.
 - 30 minutes of hockey specific speed, balance, agility, core strength training



For More Information Contact

Kris MacPhee
 Hockey Haven Training Centre
 Director of Off Ice Conditioning
kris@hockeygrowth.com
 1-877-936-6699

Johnathan Doiron
 Andrews Hockey Growth Programs
 Business Manager
info@hockeygrowth.com
 1-877-936-6699