

*“Andrews Sport Conditioning Programs have helped me increase my strength and endurance which helps my performance on the ice. Their knowledge and attitude makes going to the gym beneficial and enjoyable.”*

**Mark Flood – Manitoba Moose, AHL**



## **Andrews Sport Conditioning**

### **Spring Programs / Prices**

March – May 30 (Athletes can join at any time)

#### **Atom/Pewee**

- Monday and Wednesdays at 6pm
- **8 Sessions - \$120 plus gst**
- **16 Sessions - \$ 200 plus gst**

#### **Bantam/Midget**

- Monday, Wednesday, Friday at 5pm
- **(12 Sessions) - \$180 plus gst**
- **(24 Sessions) - \$ 300 plus gst**
- **\*\* 30% Discount for players who pre-register for Summer Programs**

### **Summer Programs / Prices**

#### **Midget-Pro Package – (1996 +)**

May 30 – August 26

- 65 Hockey Specific Strength and Conditioning Sessions
- 18 On-Ice Sessions
- (6 hockey skating, 6 skills practices with guest coaches, 6 scrimmages)
- 6 Moksha Hot Yoga Sessions

**\$1400 plus gst**

#### **Bantam Package – (1997/1996)**

May 30 – August 26

- 39 Hockey Specific Strength and Conditioning Sessions
- 18 On-Ice Sessions
- (6 hockey skating, 6 skills practices with guest coaches, 6 scrimmages)

**\$975 plus gst**

#### **Atom/Pewee Package – (2001/2000/1999/1998)**

July 4 – August 26

- 16 Hockey Specific Strength and Conditioning Sessions
- All sessions include introduction to speed, strength, balance, agility training for hockey.
- All sessions include 30 minutes of **Rapidshot Shooter Training System.**

**\$250 plus gst**

## OFF ICE STAFF

### **Kris MacPhee**

#### **Director of Sport Conditioning / On-Ice Coach**

Master of Sport Science Degree  
Can-Fit-Pro Certified Personal Trainer  
Assistant Coach UPEI Panthers

### **Kris MacDonald**

#### **Sport Conditioning Coach**

Bachelor of Kinesiology Degree  
Can-Fit-Pro Certified Personal Trainer  
Player at the AUS and QMJHL Levels

**Andrews Sport Conditioning is located at the Andrews Sport Science Research and Training Centre on the University of Prince Edward Island. The world class facilities utilized daily include:**

- 400 meter Alumni Canada Games Track
- Regulation Turf Field (Home of UPEI Panther Soccer Teams)
- 200 meter indoor running track
- 25 meter competition pool
- Rapidshot Training System

## ON-ICE COACHES

### **Doug Shepherd**

#### **Skating Coach**

Advisor/Scout UPEI Hockey and Manitoba Moose, AHL  
Executive Director of Andrews Hockey

### **Mike Kelly**

#### **On-Ice Coach**

GM / Associate Coach of Saint John Sea Dogs  
Former Vancouver Canucks Assistant Coach

### **Forbes MacPherson**

#### **On-Ice Coach**

Head Coach of UPEI Panthers

### **Jason Malone**

#### **On-Ice Coach**

Head Coach / GM of Pictou County Weeks Crushers, MHL

### **John Murphy**

Director of Hockey Operations – Andrews Hockey  
Former Pro Player

### **Luke Beck**

#### **On-Ice Coach**

Coach of Ontario Hockey Academy  
Former College Player

### **Connor Cameron**

#### **On-Ice Coach**

Coach of Anthol Murray College Notre Dame  
Former OHL / CIS Player

For more information or to register contact: [kris@hockeygrowth.com](mailto:kris@hockeygrowth.com) or 894-9600

