

2016-17 IN-SEASON HOCKEY TRAINING



GRAND FORKS PARK DISTRICT

Session I | Nov. 14- Dec. 22 (6 weeks)

Registration Deadline: Nov. 14 (Add \$10 late fee after deadline)
ICON Sports Center | 1060 47th Ave. S | GF, ND, 58201

Session II | Jan. 9- Mar. (8 weeks)

Registration Deadline: Dec. 29 (Add \$10 late fee after deadline)
ICON Sports Center | 1060 47th Ave. S | GF, ND, 58201

Coaches/Parent Rep please Contact: Teams must have 6 committed participants to reserve a class time.

Chris Langei (clangei@choicehf.com); Ryan Carson r(carlson@choichf.com); Jorid Dagfinrud: (jdagfinrud.choice@gmail.com); or Jared Connell (jconnell.choicehf@gmail.com) or call Choice Health & Fitness (701) 746-2790

SQUIRTS/PEEWEEES/10U/12U Team Training

In Season Agility and Strength: 30 min class designed to meet the participants in-season needs. Class consists of 5 min warm up, 10-15 min agility drills and 10-15 min of core strength, hip mobility and full body strengthening exercises. Please refer to the In-Season Off-Ice Training Player Development Key Objectives for information on goals and purpose.

Session I (6 weeks)

Time Slots : 4:00 pm, 4:30 , 6:00 pm 7:00 pm

Monday: Nov. 14,21,28, Dec 5,12,& 19

Tuesday: Nov. 15,22,29, Dec 6,13,&20

Wednesday: Nov 16,23,30, Dec 7,14,21

Thursday: Nov. 17,Dec 1,,8, 15, 22 (will prorate)

Cost: **30-min sessions

1x/week..... \$54.00 2x/week\$108.00

Session II (8weeks)

Time Slots: 4:00 pm, 4:30 , 6:00 pm 7:00 pm

Monday: Jan ,9,16,23,30, Feb 6, 13, 20, 27

Tuesday: Jan. 3,10,17,24, 31, Feb. 7,14,21,28

Wednesday : Jan. 4,11,18,25, Feb. 1,8,15,22, Mar. 1

Thursday: Jan. 5,12,19,26, Feb. 2,8,16,23, Mar. 2

Cost: **30-min sessions

1x/wk (30) \$72.00 1x/week (45) \$96.00 2x/wk (30)..\$146.00

BANTAMS Team Training

In Season Agility and Strength: 45 min class designed to meet the participants in-season needs. This class will consist of 10 min warm up including core strength and hip mobility, 15 min power & agility drills followed by 20 min full body mobility & strengthening exercises. Please refer to the In-Season Off-Ice Training Player Development Key Objectives for information on goals & purpose.

**Per team request 30 minute training sessions are available

Session I (5 weeks)

Time Slot : 5:00 pm or arrange with Trainer

Monday: Nov. Nov. 14,21,28, Dec 5,12,& 19

Tuesday: Nov. 18, 25, & Dec. 2, 9, 17

Wednesday: Nov 16,23,30, Dec 7,14,21

Thursday: Nov. 17,Dec 1,,8, 15, 22 (will prorate)

Cost: **45-min sessions see below

Session II (8weeks)

Time Slot: 5:00 pm ,& 6:00PM

Monday: Jan 9,16,23,30, Feb 6, 13, 20, 27

Tuesday: Jan 9,16,23,30, Feb 6, 13, 20, 27

Wednesday Jan. 11,18,25, Feb. 1,8,15,22, Mar. 1

Thursday: Jan. 12,19,26, Feb. 2,8,16,23, Mar. 2

Cost: **45-min sessions see below

GRAND FORKS PARK DISTRICT IN-SEASON HOCKEY TRAINING - WINTER SESSIONS

Name: _____
Parent Name(s): _____
Address: _____
Parent Phone: (____) - ____ - ____

Date of Birth: ____ / ____ / ____ Gender: M F
Email: _____
City/State/Zip: _____
Alternate Phone # (work, mobile, etc.) (____) - ____ - ____

I hereby acknowledge the health of my child, listed above, to be ready for vigorous activity and authorize the directors to secure any emergency treatment deemed necessary, and that I hereby release the Grand Forks Park District, Choice Health & Fitness and all employees, executors, and heirs from all claims for injuries, which may be sustained by my child while attending this program. I also understand that any medical bills incurred by my child due to injuries will be my responsibility or the responsibility of my family health insurance plan.

Parent of Guardian Signature: _____ Date: _____

Please check the session & class day(s) and time(s) you would like your son/daughter to participate in:

SQUIRTS/PEEWEEES/10U/12U

___ SESSION II (Jan9-Mar. 2) 8 weeks

1x/week (\$72) or 2x/week (\$128)

MONDAY ___ 4:00pm ___ 4:30pm (thunder)

TUESDAY ___ 4:00pm ___ 4:30pm

WEDNESDAY ___ 4:00pm (Blizzard) ___ 4:30pm(thunder)

THURSDAY ___ 4:00pm ___ 4:30pm ___ 6:00pm

BANTAMS

___ SESSION II (Jan. 9 - March 2) 8 weeks

*Spartans are (2) 30 min sessions per week \$72 (SI) \$144(SII)

Monday & Thursday ___ 5:00pm (30 min) Spartans

12u/14u 1 45 min session per week beginning January 4h, 11,18,25, Feb 1,8,15,22 per request

Wednesday ___ 5:00pm (45 min) 8 sessions \$96.00

2016-17 IN-SEASON HOCKEY TRAINING

PLAYER DEVELOPMENT KEY OBJECTIVES

BASELINE TESTING

We recommend facilitating an age appropriate baseline physical test battery at the first & last training session of the hockey season. Testing will provide the athlete & coaches with measurements for goal setting & evaluate the performance growth. Testing will also assist with a training guideline for future playing seasons leading to enhancing player development.

BODY AWARENESS: MAINTAIN STRENGTH AND MUSCLE BALANCE

The purpose of in-season training is to improve performance on the ice. It is crucial that the off-ice training programs are designed to match & compliment the game and practice schedules. Rigorous training could cause overuse injuries especially in the groin area. The focus of workouts will be on the basic movements of the body & counter movements to create balance & keep the athletes healthy.

FACILITATE RECOVERY: REVERSE NEGATIVE CHANGES IN SOFT TISSUE LENGTH & QUALITY

Skating motion causes stress on the muscles. By using foam rollers & active stretching techniques, athletes can avoid injuries & help the legs recover. Hockey requires a lot of rotation; therefore, maintaining pattern mobility in the spine & hips will be a daily priority. Athletes will learn exercises to prevent injury & we will advise them on how to implement this into their weekly schedule. Workouts will also be available online for convenience. With our guidance, athletes will recover faster & maintain an optimal range of motion to perform on ice more effectively.

A BALANCED TRAINING SCHEDULE

Shooting, stick handling & conditioning are extremely important aspects for player development, a key focus area addressed by the GF Park District on-ice coaching staff. We will create balance by complementing the on-ice training by varying the training schedule & activities depending on the on-ice practices & game schedule. The training will be age-appropriate & balanced to fit the demands of each age group & maximize the potential of each athlete. Conditioning drills will also be added to off-ice training when game & practice schedules permit. We will coordinate with the GF Park District to create a well-balanced schedule in a central location, meeting the needs of the busy lifestyle of Hockey families.

KEEP IT FUN AND EFFECTIVE

Using a variety of training techniques & equipment, our trainers keep workouts fun & engaging for the young athletes. Age-appropriate activities are the key to a successful off-ice training program. Our high-energy trainers are focused on building one-on-one relationships with athletes & have a passion for empowering athletes to have fun yet effective workouts.