



Summer 2008 Dryland Performance Training

Play Faster Quicker And more Explosive!



2008 Dryland Training Schedule:

Midget Minor and Older

Monday & Thursday - 7:00 p.m. - 7:45 p.m.

May 2008 29 (Player Testing Day)

June 2008 2, 5, 9, 12, 16, 19, 23, 25 (Wed), 30

July 2008 3, 7, 10, 14, 17, 21, 24, 28, 31

Cost: \$250 for 8 training sessions or \$425 for the entire summer

The summer Hockey Dryland Speed-Strength Training Camp focuses on speed, agility, quickness and explosive strength for hockey players ages 12 and up.

Each training session will consist of:

- Dynamic warm up
- Speed and acceleration drills
- Lateral movement and change of direction drills
- Lower body Explosive plyometrics
- Upper body ballistic (strength) training

The Camp will use a variety of training tools such as:

- Speed Parachutes
- Agility ladders
- Bungee Training Units
- Weighted Vests

Note: Dryland training takes place at Patterson Ice Arena *before* Coach Geldart's on-ice training sessions. Dryland sessions work in conjunction with the GAHS summer program.



4191 Conchise Drive, Grandville, MI 49418



SUMMER 2008 HOCKEY DRYLAND SPEED-STRENGTH

Dryland Speed Strength Summer Training

PLEASE PRINT

FIRST NAME LAST NAME

ADDRESS

CITY STATE ZIP CODE

AGE BIRTH DATE

WEIGHT

DAYTIME PHONE

T-SHIRT SIZE

S M L XL XXL

FEES

9 Session = \$250

18 Sessions = \$425

CHECK OR MONEY ORDER VISA MASTER CARD

CARD #

EXPIRATION DATE

NAME AS ON CARD

SIGNATURE

MEDICAL RELEASE

This is to certify that
Has permission to compete in the Pro Power Training Dryland Speed-
Strength Camp. Upon registering you will receive a waiver to complete

SIGNATURE

DATE

MAIL COMPLETED REGISTRATION FORM TO:

Pro Power PT/Daimond Dixon
4191 Conchise Drive, Grandville, MI 49418



Hockey

Off-Ice Dryland

Speed-Strength

Training

