

GET STRONGER,  
FASTER AND  
NOTICED.

# HOCKEY POWER

Peak Power 2011 Hockey Camps



## BANTAM | MIDGET | JUNIOR | COLLEGE | PRO

**May 2 - August 19, 2011**

Offering two comprehensive programs for developing optimal strength, speed, and power required for maximal on-ice performance.

### Silver Package

- 16 Week program consisting of three, 2 hour training sessions per week.
- Peak Power Training Package (T-Shirt, Water Bottle, Myoplex Bar, Power Ade)

**Registration Fee** (April 15, 2011)

\$1,000.00 + GST

### Gold Package

- 16 Week program consisting of five, 2 hour training sessions per week.
- **Free** Professional Fitness Testing Battery
- Peak Power Training Package (T-Shirt, Water Bottle, Myoplex Bar, Power Ade)

**Registration Fee** (April 15, 2011)

\$2,000.00 + GST

## NOVICE | ATOM | PEEWEE | BANTAM

**Session 1 – May 30 to June 24, 2011**

**Session 2 – June 27 to July 22, 2011**

4 Week Athletic Development Training consisting of two, 1 hour training sessions per week.

These Individual Skill sessions are designed to provide comprehensive training focused on developing skill sets within the windows of opportunity of the athlete's specific growth; this dryland training is focused on improving basic fundamental hockey skills, including agility/ foot speed, stick handling, vision, strength and explosive speed

*Please bring your runners, hockey gloves, stick and helmet as sessions will be taking place on the SAIT rink surface (NO ICE).*

### Registration Fee

\$200.00 + GST

### Please call us for details

*\*This program would be an appropriate first time exposure to summer dryland training while still working on hockey specific skills.*

Develop **optimal** strength, speed, and power required for maximal **on-ice performance**.



“ Peak Power has created a fun but focused atmosphere to workout. I received sport-specific training for my sport. Their knowledge and training techniques are unparalleled and helped me prepare for NCAA Division 1 University and professional Hockey. I have always achieved top fitness results in all of my try-out camps.”

**Connor James** Calgary Royals, AJHL; University of Denver, NCAA; Wilkes-Barre/Scranton Penguins, AHL; Pittsburgh Penguins, NHL

### Locations

#### SAIT

North Calgary Location

#### St. Mary's College

South Calgary Location

### Contact Us

403.284.7175

sportdevelopment.com

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LEARN.  
TRAIN.  
ACHIEVE.