



LEARN.  
TRAIN.  
ACHIEVE.

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

## BANTAM | MIDGET | JUNIOR | COLLEGE | PRO

### 16 Week Strength and Conditioning Program

April 30 - August 17, 2018

#### Gold Package

- 16 week Program consisting of five (5) x 2 hr training sessions per week.
- Combine Fitness Testing (\$300 value) + Functional Movement Screening (FMS)
- Peak Power Training Apparel Package (\$100 value)
- **Fee:** \$2349.00 + GST (\*2875.00 + GST for Gold Package + Ice Times)

#### Silver Package

- 16 week Program consisting of three (3) x 2 hr training sessions per week.
- Functional Movement Screening (FMS)
- Peak Power Training Apparel Package (\$60 value)
- **Fee:** \$1399.00 + GST (\*1925.00 + GST for Silver Package + Ice Times)

#### Bronze Package

May 28 - August 17, 2018

- 12 week Program consisting of two (2) x 2 hr training sessions per week.
- Peak Power Training Apparel Package (\$60 value)
- **Fee:** \$749.00 + GST (\*1275.00 + GST for Bronze Package + Ice Times)

## COMBINE FITNESS TESTING

- Body Composition (Body Fat %)
- Upper Body, Lower Body, Core Strength
- Flexibility & Mobility
- Wingate & VO2 Max Test (Bike)
- **Fee: \$300 + GST!**

## ICE TIMES

- Sixteen (16) x 75min on ice sessions
- The on-ice sessions have a specific individual focus on power skating, puck-handling, and small area conditioning drills/games.
- **Fee: \$600 + GST!**
- **Drop in rate: \$40/session**

Peak Power offers a friendly and competitive environment. Their high level of coaching and power training has helped prepare me for high levels of competition. I trained with various training groups throughout my hockey career, but Peak Power enabled me to break into the NHL with their training methods."

**Tyler Sloan** former NHL hockey player with Washington Capitals

What makes our programs successful is the "complete" model approach we use to train our athletes... This model includes developmentally appropriate training that promotes noticeable improvements in strength, aerobic and anaerobic development, as well as speed and agility. Our periodization programming reduces overtraining, injury, and burnout and prepares you the best way possible for your upcoming season!

#### Locations

SAIT Campus Center  
1301 - 16 Avenue NW  
Calgary, AB T2M 0L4

#### Contact Us

403.284.7175  
sportdevelopment.com  
peakpower@sportdevelopment.com

\*Peak Power will support all athletes throughout the in-season with an online strength and conditioning program. This program is designed to help players maintain the gains they made through the summer.

# HOCKEY POWER

Peak Power 2018  
Off Season Hockey Program

