



## Pro Skating Camp

### NEW – Vision and Skating Class combined

**Sports Vision** is the process of training your *visual system* to relay information through the eyes to the brain, to set your body in motion

**Skating Technique** - The brain cannot learn when the body moves madly. It needs to assimilate information. It needs first to figure things out and then to transfer signals to the muscles so that the muscles can perform correctly.

**On-Ice Training** – using WSA patent training program players will work on Technique, Power and Speed in the 12 sessions while doing Vision Training during their skating classes.

**Off-Ice Vision** - The process of training your visual system to relay information *from* the eyes *through* the brain to set the body in motion, in order to perform quickly and accurately.

### ***Improve your Skating Technique***

***And***

### ***Vision Skills for Peak Performance***

- Improve skating technique, power & speed
- Improve quickness & reaction time
- Enhance eye-hand-foot coordination
- Heighten vision awareness & peripheral attention
- Increase depth perception
- Sharpen near-far focus

Vision Performance Center at McDonald Eye Care currently trains several NHL organizations and have been featured on NHL.com.

## **ON-ICE TESTING**

NEXT Testing's on-ice component extracts 70 individual measurements from 14 on-ice tests that break the players game down into its essential components: skating, puck handling, and reaction time.

Each drill is measured by the cold objective eyes of precise double-beamed laser gate sensors and an automated timing system. Each test includes a cognitive component to measure your reaction time. When you skate to the line, your start cue is randomly generated so it is impossible to anticipate or lead off your start.

All data collected is provided in it's rawest form so that you, your coach and all those scouts out there can make true objective analysis of the results.

### **On-Ice Tested Skill Elements:**

- Reaction Time
- Quickness – Forwards and Backwards
- Speed – Forwards and Backwards
- Transition Speed – Forwards and Backwards
- Agility
- Puck Handling

### **Testing**

**June 12<sup>th</sup> WSP ice arena**

**Vision 6:00-7:00 PM**

**On-Ice - 7:30-8:30 pm**

### **SPA/DRAKE Training Sessions**

**June 13<sup>th</sup> – July 27th**

Monday/Wednesdays

On-Ice 1:15-2:15 PM

Vision – 2:30-3:30 PM

**Cost: \$1,195.00 per player**

**Limited to 10 Skaters**