



High School

ELITE Skating class

This program is developed for players who really want to take their skating to the next level. This program is very detailed oriented in using science to help players skating ability.

Program Details

- 2 - On-ice testing by Next Testing pre and post
- New set of Steels with the correct contour
- 12 hours on ice training
- Jersey
- Small group

Session # 1 – On-ice Testing

Sessions #2 – 5 Technique Classes

Session # 6 -9 Power Classes

Sessions # 10-13 Speed

Session # 14 On-ice Testing

WE GUARENTEE PLAYERS WILL IMPROVE THEIR HTI SCORE BY 10 POIINTS

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

West St. Paul Ice Arena

Sunday	5/1/2016	6:45-7:45pm
Monday	5/2/2016	6:45-7:45pm
Tuesday	5/3/2016	6:45-7:45pm
Wed	5/4/2016	6:45-7:45pm

SPA Ice Arena

Monday	8/1/2016	12:00-1:00 pm
Tuesday	8/2/2016	12:00-1:00 pm
Wednesday	8/3/2016	12:00-1:00 pm
Thursday	8/4/2016	12:00-1:00 pm
Monday	8/8/2016	12:00-1:00 pm
Tuesday	8/9/2016	12:00-1:00 pm
Wednesday	8/12/2016	12:00-1:00 pm
Thursday	8/15/2016	12:00-1:00 pm

Limited to 16 skaters per group

Cost: \$773.50 per player

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