



JR A /College Summer

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Program details:

This program is our signature system - and the ultimate goal is to increase your player's **Speed** and

Confidence.

Session # 1 – On-ice Testing

Session # 2-5 Technique

Sessions #6-9 Power

Sessions # 10-12 Speed

Session # 13 –ice testing

Program Details:

- 2 – On ice testing sessions
- On-ice testing result sheet
- 11 – On-ice sessions

Cost: \$819.00 – 10 skaters

TESTING:

JUNE 12th WSP Ice Arena 6:15 or 7:30 PM

Tuesday	6/14/2016	2:30-3:30 PM
Thursday	6/16/2016	2:30-3:30 PM
Tuesday	6/21/2016	2:30-3:30 PM
Thursday	6/23/2016	2:30-3:30 PM
Tuesday	6/28/2016	2:30-3:30 PM
Thursday	6/30/2016	2:30-3:30 PM
Tuesday	7/12/2016	2:30-3:30 PM
Thursday	7/14/2016	2:30-3:30 PM

Tuesday	7/19/2016	2:30-3:30 PM
Thursday	7/21/2016	2:30-3:30 PM
Tuesday	7/26/2016	2:30-3:30 PM
TESTING	7/28	TBD