

About Eddie Hill

Born and raised in Newburyport, Eddie Hill grew up playing in the Newburyport Youth Hockey League and also with the North Shore Raiders and Middlesex Islanders.



At age 15, Hill played junior hockey for the Tyngsboro Huskies of the Eastern Junior League and by 16, became the youngest player to play in the United States Hockey League (USHL) with the Green Bay Gamblers. In his first year, he helped Green Bay to the Junior A National Championship and was named captain the following season.

Hill signed with the Barrie Colts of the Ontario Hockey League (OHL) the following year and was drafted by the Nashville Predators in the second round (61st overall) in the 1999 NHL Entry Draft, held at the FleetCenter. After two more seasons in the OHL and a championship, Hill signed an NHL contract with the Carolina Hurricanes.

After eight years of pro hockey, which included attending five NHL training camps and playing

in the farm systems of the Carolina Hurricanes, St. Louis Blues and Phoenix Coyotes, Hill is now working with Euro Hockey International Sports Agency as its North American Partner-Scout. He also served as an assistant coach with the girls' program at Minnesota powerhouse Edina High School.



HHC Acceleration

The HHC Acceleration Endless Ice Treadmill is in a league of its own. The EI-330 is the quietest machine available on the market of skating treadmills.

Powered by a 3-horsepower electric motor, it can reach speeds up to 19.2 kph (12 mph). The skating surface is 6 feet wide by 5 feet long, made of ultra-high molecular weighted (UHMW) plastic coated with silicone so that it is light on the skates and feels just like ice.

With the proper instruction, you can create positive muscle memory ingraining strong technique that will remain with you forever.

The force of the UHMW moving toward our skaters makes it initially difficult, similar to swimming against a current.

Once the body builds enough strength and gains more comfort on the treadmill is when we take our players to a whole new level of speed and explosive power.

Stickhandling while skating on the treadmill is the ultimate challenge. The treadmill will not allow skaters to stop their feet while passing, shooting or performing the many puckhandling moves with which we will be challenging our players.

Former professional and head instructor Eddie Hill, a powerskating specialist, guarantees that any player that trains within the HHC Acceleration system will improve their game more than they have with any other system.

Skating Treadmill Benefits

- Dynamic sprint speed improvement
- Glute, Hamstring, Hip, Quad strengthening
- Builds fast-twitch muscle fibers
- Stride mechanics training
- Inside/Outside edge work
- Develop powerful pivots forward/backward and backward/forward
- Master crossovers and explosive starts
- Core body strengthening
- Optimizing skaters body awareness with the use of mirrors and constant feedback
- Increased acceleration/overall conditioning



HHC
ACCELERATION
ENDLESS ICE
TREADMILL PROGRAM

Graf Rink • Newburyport, Mass.

Team Training Starting September 2010

HHC Off-Ice Team Training focuses on maintenance, recovery and enhanced player performance.

Team Training not only improves skating, skills and conditioning, it creates a stronger bond for the players. Each team training session includes:

- All hockey-specific drills
- Treadmill skating development
- State-of-the-art virtual stickhandling and playmaking development
- Speed, agility and quickness drills

The HHC Endless Ice Treadmill will never be on an incline. Players are assigned stations each session and are rotated throughout the session.

Recommended team training is two sessions per month from September to March.

With the use of the Quick Stickz program, the HHC Acceleration staff can put the players through a number of virtual stickhandling drills while having fun.

Quick Stickz Benefits:

- Puck Control
- Stickhandling speed and accuracy
- Ice awareness
- Ability to avoid hits
- Improved passing and shooting
- Confidence

Contact: Hill Hockey Clinic
P.O. Box 1004
Newburyport, MA 01950
Phone: 978-793-3161
HillHockeyClinic@gmail.com
www.HillHockeyClinic.net
 (coming soon)

Schedule

Four players maximum per group
 Additional times available upon request

June 21-July 2 Monday-Friday

8-9 am 1-2 pm
 9-10 am 2-3 pm
 10-11 am 3-4 pm
 11-12 am 4-5 pm
 12-1 pm 5-6 pm

Saturdays

8-9 am 10-11 am
 9-10 am 11-12 am

July 5-Aug. 27 Monday-Friday

8-9 am 11-12 am
 9-10 am 12-1 pm
 10-11 am 1-2 pm

Saturdays

8-9 am 10-11 am
 9-10 am 11-12 am

- All sessions conducted in groups of four
- E-mail HillHockeyClinic@gmail.com or call 978.793.3161 to reserve desired time slot (first-come, first-serve basis)
- Each training session will be 60 minutes in length (with a 1:2 or 1:3 work-to-rest ratio)
- One-on-one coaching and feedback with ALL treadmill work
- All sessions and coaching by former pro Eddie Hill; Kelly Olson, former NCAA Champion at the University of Minnesota; and/or an experienced Hill Hockey Clinic coach
- All sessions will include training on HHC's Endless Ice Treadmill and the Quick Stickz state-of-the-art virtual stickhandling program.

Pricing

Per Player

One-on-One Private Lesson \$75
 Team Training at a discounted rate upon request

Packages

• Five Sessions \$275
 • 10 Sessions \$395
 • 15 Sessions \$550
 • 20 Sessions \$695

Credit Card Information



Credit Card Number: _____

Expiration Date: _____

Billing Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

E-Mail: _____

Verification Code (Last three digits on the back): _____

I hereby authorize Hill Hockey Clinics to charge my credit card for the transaction dated _____ amounting to _____ only.

Signature: _____

Date: _____

