

B & D TRAINING

**10-week Off-Ice Training Program
with 4 weeks of On-Ice**

OFF ICE

DAN FURLONG – Head of Strength and Conditioning (*Pro Action Hockey*)

10-week program

Every weekday from Week of June 11th to Week of Aug 13th

21250 boul. Industriel, Ste Anne de Bellevue

**all times TBD based on athlete's schedule*

The off ice program consists of pre- and post- training testing, foam rolling, mobility, Dynamic Warm Up, plyometrics, lifting and speed + power conditioning on the Hi-Trainer (hi-trainer.com)

ON ICE

BRODY ARMSTRONG – On ice Trainer (*Pro Action Hockey*)

4-week program

Sessions on Saturdays and Sundays starting the Week of July 21st and ending the week of August 11th

Location TBA

**all times TBD based on athlete's schedule. Potential for more on-ice sessions based on demand*

The on ice will consist of mainly individual skills work. Each week will be progressive in its intensity; designed to develop and fine-tune specific skills. With small groups (meaning more reps per drill), the players will be sure to head into their tryouts in mid-season form.

COST:

\$150/week

OR

\$1200 for 10-week program (on-ice and off-ice)

SPACE IS LIMITED!

For questions or to register, contact:

Furdan@hotmail.com or Brodyarmstrong25@gmail.com