

## Why Power Plus Works

"I've always believed that speed out-skates mistakes, speed turns around the momentum of games."

Ron Wilson  
San Jose Sharks

With the current changes in the NHL, speed will matter more than ever. The problem is, many hockey players have learned to skate in ways that actually *limit their power and speed*.

Power Plus Head Trainer Tina Caron has developed a power skating and conditioning program that helps to erase bad skating habits and improve hockey skating performance.

After **14+ years of power skating and hockey coaching experience**, Tina Caron knows exactly what it takes to build effective hockey skating skills. Under Tina's direction, the Power Plus team of experienced instructors guides players through a program of progressive drills and exercises that literally re-pattern each player's body. **Players develop the stride and moves that are best for THEM.** Our instructors are all elite-level hockey players, so they know the game.

Along with the technical drills, the programs include conditioning and scrimmage work. It's a challenging, effective training environment that builds player speed and stamina.



This fall, will you be faster than you are now? With Power Plus, you can be.

**Improve your skating, improve your game.**

## 10 Progressive Sessions

### Reprogram Your Body for Speed, Power, and Agility

- working with a team of top-notch instructors, you will literally re-program your body mechanics for greater power and speed. 10 + hours of solid technique work!
- every session includes power, strength, and aerobic conditioning
- all skills, drills, and scrimmages are performed at high intensity
- 5-to-1 participant-to-instructor ratio
- dedicated goalie instructor!
- includes core stability training and over speed training
- optional 5 day half-program (50% of full fee)
- on request, 10 Progressive sessions can include mini-seminars on sports nutrition, mental preparation, life-skills for athletes, or other requested topics
- maximum 26 players (Midget/Junior maximum 12). Full equipment required.

#### July 10-14,2006 and July 24-28,2006

Level	Time	Cost (incl. GST)
Novice/Atom	3:15-4:30pm	\$300.00
Pee Wee	4:45-6:15pm	\$375.00
Bantam/Midget	6:30-8:00pm	\$450.00
Midget AA-AAA/Junior +	8:15-9:45pm	\$450.00

**Take the time. Get the Results.**

## 45/45 Conditioning

### Head into tryouts with confidence

Delivered over 5 consecutive days, each day of 45/45 Conditioning includes:

- **45 minutes of power skating, conditioning, and core stability with Tina Caron (14-year professional skating instructor for hockey players)**
- **45 minutes of high tempo hockey skills, drills and 4 on 4 with Marc Beaudoin (6-year trainer/therapist of the AJHL Grande Prairie Storm)**

**\*\*LIMITED SPACE\*\***

**Maximum 24 Players 2 Goalies**

**goalie instructor available!**

#### August 14-18/06

Level	Time	Cost (incl. GST)
Novice /Atom	11:30-1:00pm	\$225.00
Pee Wee	1:15-2:45pm	\$225.00
Bantam	3:00-4:45pm	\$225.00
Midget	5:00-6:45pm	\$225.00
Midget AAA/Junior +	7:00-8:45pm	\$225.00

#### August 21-25/06

Level	Time	Cost (incl. GST)
Novice/Atom	10:45-12:15pm	\$225.00
Pee Wee	12:30-2:00pm	\$225.00
Bantam	2:15-4:00pm	\$225.00
Bantam/Midget Female	5:00-6:45pm	\$225.00
Midget	7:00-8:45pm	\$225.00

## Registration Form

### 10 PROGRESSIVE POWER SKATING

July 10-14/06 and July 24-28/06

- Novice/Atom  Pee Wee  Bantam/Midget  
 Midget AA-AAA/Junior  
 (for 5-day half-program, indicate dates: \_\_\_\_\_)

### CONDITIONING:

August 14-18/06

- Novice/Atom  Pee Wee  Bantam  
 Midget  Midget AAA/Junior

August 21-25/06

- Novice/Atom  Pee Wee  Bantam  
 Bantam/Midget Female  Midget

Name: \_\_\_\_\_

Birth Date: d\_\_\_\_\_/m\_\_\_\_\_/y\_\_\_\_\_

Male  Female

Address: \_\_\_\_\_

City/Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_

(Cell) \_\_\_\_\_ Fax \_\_\_\_\_

E-mail: \_\_\_\_\_

Send me e-mail updates  Yes  No

Parents Names: \_\_\_\_\_

Level of Hockey Played: \_\_\_\_\_

Position: \_\_\_\_\_

Referred by: \_\_\_\_\_

### Method of Payment

Cheque # \_\_\_\_\_ Cash \$ \_\_\_\_\_

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**Family Discount:** 10% for two or more registrants from the same immediate family.  
 10% off for participants of 2 or more programs.  
 Visa, Mastercard, Debit, and Cash accepted.  
 Refunds for medical reasons only. Doctor's certificate required.

see other side for information on where to register