

Price Guide

Testimonials

LEVELS OF TRAINING

Playmaker:

One month of training meeting two times a week.

Hat-Trick:

One month of training meeting three times a week.

All-Star:

One month of training meeting four times a week.

Training Options- Based on # of Athletes

Playmaker-

- Individual \$300.00
- Two \$350.00
- Three-Four \$485.00
- Five-Six \$650.00

*All athletes will receive an Under Armor Training shirt!

Hat-Trick-

- Individual \$350.00
- Two \$415.00
- Three-Four \$550.00
- Five-Six \$725.00



All-Star-

- Individual \$385.00
- Two \$485.00
- Three-Four \$630.00 (most popular)
- Five-Six \$815.00 (best individual rate)

PLEASE READ...

The prices noted above are final, there can be no price adjusting after a group or individual is registered. The price noted above is for the entire group, not per individual (unless it is the individual package). All groups are responsible for finding their own members, Performance Training will not place you into groups. All trainees must be 12 yrs. of age or older by June 15th, 2009. Camps will run from June 15th- September 7th, 2009. Training session locations and times may vary due to the weather. Prices for groups larger than stated in priced guide above will be negotiated. If you have any questions or concerns about the 2009 PT policy please contact us at 507.676.0505 or at performance1training24@gmail.com

"The next level is in your reach!"

Performance training has helped me become a far more disciplined hockey player. This past summer I was taught the importance of advanced weight training as well as conditioning. I was in the best shape of my life going into this fall's training camp and it has shown on the ice.

Chris Slavik, 19
Augsburg College

Thanks to Performance Training I am having a great start to my season. I am currently playing professional hockey in Norway. This off-season training has provided me with quicker feet and a more powerful stride. Thank you Performance Training, I can't wait until next summer so I can polish my skills and improve my game.

Paul Vincent,
(15 Year Professional)
Den Haag Wolves-
Eredivisie (NED)

Performance training was a great way for me to mentally and physically get ready for the season. This program pushed me to new levels and got me out of my comfort zone. The drills they ran directly related to the core muscles needed to become a strong player along with helping me become more physically fit overall. I went into training camp with the "Mid-Season Edge" on the rest of the team.

Andy Parrott, 20
Hudson Crusaders-MJHL

Contact Us At:
507-676-0505
goperformance1.com

Performance Training

2009 Off-Season Training Programs

Sport Specific:
Individuals & Groups

Off-season Training

Training Specifics

Sign-up Form

Sign-Up Deadline - May 30th, 2009

What is Off-Season Training?

There is a two-phase process to building fitness for hockey in the off-season.

1) Improving General Fitness:

Improving aerobic power, flexibility, strength, and diet while decreasing body fat and increasing muscle mass.

2) Hockey Specific Conditioning:

For hockey players, improved aerobic power aids endurance, and decreased body fat allows for faster, more efficient skating. Added strength and flexibility, plus a healthy diet helps maintain the exercise regimen with a reduced risk of injury.

Who Uses Off-Season Training?

With never ending competition, off-season training has grown exponentially over the past ten years. Professional and collegiate players are constantly trying to gain the edge over the competition and now the same goes for youth and high school players. If you want that edge over your competition to make the top team or win the battle in the corner you must work on your game in the off-season. The off-season is where you develop and harness your skills for the following season.

Just For Goalies...

Goaltenders will follow the same high intensity training programs as players would, however our knowledgeable goalie coaches will target the key areas that are specific to a goalie's needs.

Training Dates

June 15th, 2009 to

September 7th, 2009

- Summer programs will run for 16 weeks, broken up into four week periods (minimum sign-up is one month).
- Training times will be available Mon.-Fri. 6am to 8pm.
- We have very flexible hours and will work around your summer schedule to fit your specific needs.

What You Can Expect...

Our qualified fitness staff will tailor fit a training program to fit your specific hockey needs with the option of one-on-one, or group work-out sessions. The sessions will be highly intense, focusing on three main categories: Agility, Plyometrics and Explosiveness. Remember, no matter what sports you play, **speed kills**, and at Performance Training we know what it takes to get YOU to the NEXT LEVEL!



Players Name _____
D.O.B. _____ Position _____ 09-10 Level _____
Address _____
City _____ State _____ Zip _____
Home Phone#(_____) _____
Cell Phone#(_____) _____
Primary E-mail _____
Parents' Names _____
Please indicate desired package on space provided below.
(if it's a group package, list other players below)

Please select shirt size:

S M L XL

CHOOSE YOUR METHOD OF PAYMENT:

Check (payable to Performance Training)

Cash Money Order

Total Amount Enclosed: \$ _____

• 50% deposit due with application, balance due halfway through training session.

Please send payments and attached sign-up form to

P.O. Box 1301

Winona, MN, 55987

PARENTAL CONSENT FORM: I have read the brochure and application and agree to the terms and conditions herein. I certify that the questions on the application have been answered correctly. I hereby give my consent for my child to participate in the training operated by Performance Training and/or its proprietors. I further agree that Performance Training will not be held responsible for any accidents, injury or loss, however caused, during the training sessions attended by my child. This is also my written permission to have my child admitted, and attended to, for medical or dental treatment in case of sickness or injury.

Parent or Guardian Signature _____

Upon registration, you will be sent a confirmation by e-mail.



 **Performance
Training**