

# Summer Training Summary

## OFF ICE Starts June 5th

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| **Off Ice :** | **Nights of the week:** | **Times:** |
| **Squirts** | Monday, Wednesday | 5:00-6:15PM / 4:30-5:45PM |
| **Pee Wees** | Monday, Thursday | 6:30-7:45PM / 6:40-7:55PM |
| **Bantams** | Monday-Friday | AM: 6:00-7:20PM: 5:15-6:30 or 6:00-7:15 |
| **Midgets** | Monday-Friday | AM: 6:00-7:20PM: 5:15-6:30 or 6:00-7:15 |

* Muscular endurance
* Foundational/ Core strength
* Hip power
* Top end speed w/ stability
* Techniques to improve injury prevention, body maintenance

## ON ICE Starts July 11th

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| **On Ice Schedule:** | **Session 1 Bantams: Midgets** | **Session 2 Squirts: PeeWees** |
| **July: x 2-3 weekly** | T & Th. (W) 3:30-4:45 | T & Th. (W) 4:55-6:10 |
| **August: week 1 x3** | T, W, Th. 3:30-4:45 | T, W, Th. 4:55-6:10 |
| **August: week 2 x5** | M, T, W, Th., F 3:30-4:45 | M, T, W, Th., F 4:55-6:10 |

* Puck protection: small area battles, small area games, body positioning
* Puck movement and Support
* Flow drills
* How to attack/Defend: 2v1,3v2,1v1

**To Register:**

**Attend Registration OPEN HOUSE**

**@ LMPT 7531 45th Ave, Kenosha**

**Saturday, May 13th or Saturday, May 20th @ NOON Summer Fees:**

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| **Session Term:** | **Cost** |
| **Summer on ice only (Drop in $30)** | $400 |
| **Summer off ice only** | $400 |
| **Summer both** | $750 |

**Questions / Can’t make the OPEN HOUSE dates – PLEASE CONTACT: Jason Myers –** **Jason@M2Hockey.com** **262-620-3936**

**Billy Larkins –** **BillyL573@gmail.com** **262-515-3482**