



# SUMMER 2018 TRAINING SESSIONS

**OBJECTIVE** The goal of this program is to build the future of Shakopee Hockey "Brick by Brick" by providing intensive training for athletes ranging in age from Squirts/ PeeWees up to High School Varsity through a combination of on-ice training, off-ice training, and weight training sessions.

**COACHES** On-Ice & Dry-Land Training  
**Ed Loielle**, Head Coach, Shakopee High School  
 Shakopee High School Coaching Staff  
6 Man Training & Weights  
**Eric Scott**, E>Train Staff

**LOCATION** On-Ice & Dry-Land Training (Mondays & Wednesdays)  
 Shakopee Ice Arena  
Off-Ice Training & Weights (Tuesdays & Thursdays)  
 E>TRAIN—Shakopee location

**TRAINING FOCUS**

On-Ice Training & Dry-Land Training

- 75 min. focused on Individual Skill development & Saber hockey system training
- 60 min. of large group dry-land training

6 Man Training & Weights  
 90 min. of small group training

- 45 min. weight training specific to age level
- 45 min. of hockey-specific skill training at...




**E>TRAIN**  
 ENHANCING SPORTS PERFORMANCE  
 EXTREME SPEED > EXPLOSIVENESS > EXCEPTIONAL SKILLS

**TRAINING SCHEDULE**

On-Ice & Dry-Land Training  
 Mondays & Wednesdays | June 11 – July 25  
 MSHSL blackout dates (No training) | Jun 30— Jul 6

**HIGH SCHOOL** ..... **On-Ice** | 7:45 – 9 AM  
 ..... **Dry-Land** | 9:15 – 10:30 AM

**BANTAMS** ..... **Dry-Land** | 7:45 – 9 AM  
 ..... **On-Ice** | 9:15 – 10:30 AM

**PEEWEEES** ..... **On-Ice** | 10:45 AM – 12 PM  
 ..... **Dry-Land** | 12:15 – 1:30 PM

**SQUIRTS** ..... **Dry-Land** | 10:45 AM – 12 PM  
 ..... **On-Ice** | 12:15 – 1:30 PM

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E>Train  
 Tuesdays & Thursdays | June 12 – July 26  
 MSHSL blackout dates (No training) | Jun 30— Jul 6

**HIGH SCHOOL** ..... 7 – 8:30 AM  
**BANTAM** ..... 8:40 – 10:10 AM  
**COMBO HS/BANTAM** ..... 10:20 – 11:50 AM  
**COMBO PEEWEE/SQUIRT** ..... 12 – 1:30 PM

*Training will be age-specific.  
 Training & Weights held at the E>TRAIN facility.*

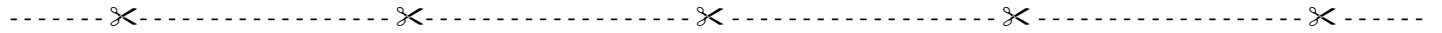
**COST**

**Select your package**

On-Ice & Dry-Land ..... \$350  
 E>TRAIN Training & Weights ..... \$250

**Write In TOTAL COST \$** \_\_\_\_\_

*Make checks payable to "Ed Loielle"*



**CONTACT INFORMATION**

Player's Name | \_\_\_\_\_

Parent/Guardian | \_\_\_\_\_


Address | \_\_\_\_\_

Parent/Guardian Phone # | \_\_\_\_\_

Parent/Guardian Email | \_\_\_\_\_

Age Level | \_\_\_\_\_      Shirt Size | \_\_\_\_\_

*Please return the bottom part of this form with your check to:*



**Coach Ed Loielle**  
 Address | 14077 Autumn Trail  
 Shakopee, MN 55379

**If you have further questions:**  
 Cell | (612) 743-4553  
 Email | [eloisell@shakopee.k12.mn.us](mailto:eloisell@shakopee.k12.mn.us)