



Summer Development 2020 Fury Girls Program



Powered By
Competitive Edge



Unique Features of This Clinic

Full Spectrum On Ice Development

- Tight focus on broken-down details to ensure building great habits
- Aggressive integration of skills in multitasking tasks to build higher capacity movement control ability
- Emphasis on detailed coaching with a lot of repetitions
- Skating
- Shooting
- Puckhandling
- Agility

Skating Treadmill Speed and Acceleration Training

(Featuring the state-of-the-art real-time-feedback system comprised of Competitive Edge's proprietary Stride Matrix and Cocoon systems)

Puckhandling, Passing, and Shooting Training in skates on synthetic ice in a specific environment that makes it super efficient to implement drills targeting these areas

Very Small Group / Intensive Format

This Program Emphasizes

- High Detail Instruction
- Robust Critical Feedback
- High Volume Reps
- A Fun Experience

**See the next Page
for Schedule and
Pricing Details!**

2020 Fury Girls

Competitive Edge Summer Clinic

The format will change a bit in comparison to past years to fit in with the things that are going on at our new location, Morrison Arena (Orono's rink). There are three options for participating in the clinic this year each with a capacity for 8 skaters. Take a careful look at the icetimes and Competitive Edge times involved in each option.

Group sizes will be small to make the most out of this time and to ensure we can deliver on the highly detailed coaching which is our hallmark.

Dates: June 15 to July 17 excluding Friday July 3rd and the week after the 4th of July
(Note: There are 4 Mondays and Wednesdays included and only 3 Fridays)

Option 1 – Ice + Off-ice Skills + Athleticism + Competition

(Schedule Summary - M – 8 AM to 10:15 AM / W – 8 AM to 11:15 AM / F – 8:15 AM to 9:15 AM)

Monday – Comp Edge Training Center 8:00 AM to 9:00 AM and On-ice Skills 9:15 AM to 10:15 AM

Wednesday – On-ice Skills 8:00 AM to 9:00 AM, Athleticism Training 9:15 AM to 10:15 AM, and Comp Edge Training Center 10:15 AM to 11:15 AM

Friday – On-ice Scrimmage – 8:15 AM to 9:15 AM

Price - \$695

Option 2 – Ice + Off-ice Skills + Competition

(Schedule Summary - M – 9:15 AM to 11:30 AM / W – 8 AM to 10:15 AM / F – 8:15 AM to 9:15 AM)

Monday – On-ice Skills 9:15 AM to 10:15 AM and Comp Edge Training Center 10:30 AM to 11:30 AM

Wednesday – On-ice Skills 8:00 AM to 9:00 AM and Comp Edge Training Center 9:15 AM to 10:15 AM

Friday – On-ice Scrimmage – 8:15 AM to 9:15 AM

Price - \$595

Option 3 – Off-ice Skills + Competition

Monday – Comp Edge Training Center – 9:15 AM to 10:15 AM

Wednesday – Comp Edge Training Center – 8:00 AM to 9:00 AM

Friday – On-ice Scrimmage – 8:15 AM to 9:15 AM

Price - \$275

John Madden's Competitive Edge Experience...

"As the NHL season took root in what became my final season, it started to look like I would be jumping into it about half way through. I was playing some hockey here and there to stay competitive, but I also knew I needed to take things up a notch to be ready to play at the NHL pace. I used the Competitive Edge training system to prepare myself by getting my legs back under me in terms of strength, power, and endurance and also in terms of tuning up my technique. Thanks to that training I was able to jump in and contribute right away for the Florida Panthers. This training experience led to me taking on an ownership interest. I only wish I had Competitive Edge at my disposal in my younger years."

– John Madden (Former MN Wild, 3-time Stanley Cup Champion, and Former Florida Panthers Assistant Coach)

Questions?

Contact: Andy Blaylock (Contact Info Below)

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