

HOCKEY INTERNATIONAL



2018-19 Winter Saddlebrook Girls 14u/19u Off Ice Program

12 WEEKS

WEDNESDAY NIGHTS

NOV-28 TO FEB-27

TRAINING LOCATION



PROGRAM

This program is specifically designed for players who have trained and/or would like to move to the next level of Speed, Power, Agility & Top Speed Endurance. It includes On-Ice & Off-Ice training & skills development.

DAYS: WEDNESDAYS

PLAYERS: SADDLEBROOK GIRLS 14u & 19u

WED: 6:30 PM – 8:30PM OFF-ICE Training
Skills – Sprinting – Plyo

2018-2019 WEEKLY CALENDAR

SESSION	WED OFF-ICE
#1	NOV-28
#2	DEC-5
#3	DEC-12
#4	JAN-2
#5	JAN-9
#6	JAN-16
#7	JAN-23
#8	JAN-30
#9	FEB-6
#10	FEB-13
#11	FEB-20
#12	FEB-27

REGISTER ONLINE

www.HockeyInternational.net

HOCKEY INTERNATIONAL

Brett@HockeyInternational.net / Kevin@HockeyInternational.net
7117 Quiet Creek Drive,
Bradenton, FL 34212

2018 PLAYER REGISTRATION

PLAYER NAME: _____
 DOB (MM-DD-YY): ____ - ____ - ____ Grade in School: ____
 Address: _____
 City: _____ ST: ____ Zip: _____
 Parent E-mail (Required): _____
 Player E-mail (Optional): _____
 PLAYER Phone: (Required): (____) ____ - ____
 Parent Phone (or Cell): (Required): (____) ____ - ____
 Player Gender: FEMALE
 Team Level: 14u 19u

PAYMENT DUE WITH APPLICATION

2018-2019 Saddlebrook Girls **\$ 300**
Winter Off-Ice

Paid By: Check (send with app) Credit Card

Credit Card: Visa Mastercard AMEX

Full Name on Card: _____

Card #: ____ - ____ - ____ - ____ Expy: ____ / ____

CSC: _____ Billing Zip-Code: _____

(check if paid by credit card): I authorize Hockey International to charge my credit card for the amount shown above.

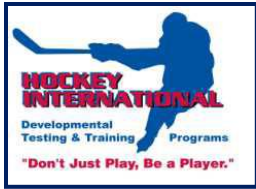
Waiver: HOCKEY INTERNATIONAL DOES NOT CARRY HEALTH INSURANCE. YOU UNDERSTAND THAT PARTICIPATION IN THE ACADEMY IS POTENTIALLY HAZARDOUS, AND THAT A REGISTERED PARTY SHOULD NOT PARTICIPATE UNLESS THEY ARE MEDICALLY ABLE AND PROPERLY TRAINED. YOU UNDERSTAND THAT EVENTS MAY BE HELD OVER PUBLIC ROADS AND FACILITIES OPEN TO THE PUBLIC DURING THE EVENT AND UPON WHICH HAZARDS ARE TO BE EXPECTED. PARTICIPATION CARRIES WITH IT CERTAIN INHERENT RISKS THAT CANNOT BE ELIMINATED COMPLETELY RANGING FROM MINOR INJURIES TO CATASTROPHIC INJURIES INCLUDING DEATH. YOU UNDERSTAND AND AGREE THAT IN CONSIDERATION OF BEING PERMITTED TO PARTICIPATE IN THE EVENT, YOU AND ANY REGISTERED PARTY, THE HEIRS, PERSONAL REPRESENTATIVES OR ASSIGNS OF YOU OR THE REGISTERED PARTY DO HEREBY RELEASE, WAIVE, DISCHARGE AND CONVEYANT NOT TO SUE Hockey International FOR ANY AND ALL LIABILITY FROM ANY AND ALL CLAIMS ARISING FROM PARTICIPATION IN THE EVENT BY YOU OR ANY REGISTERED PARTY.

PARENT OR GUARDIAN SIGNATURE

Date: _____

MAIL TO: HOCKEY INTERNATIONAL

Attn: 2018 Girls Winter Off-ice
7117 Quiet Creek Drive, Bradenton, FL 34212



Brett Strot's Hockey International is bringing scientifically proven methods for the training and development of dedicated players using specialized on-

ice & off-ice programs and testing unique to the Saddlebrook Girls hockey program powered by Hockey International.

Hockey International's player development and testing program combines comprehensive training and competition with our unique sensory development techniques. Hockey International's techniques train both the mind and body to see the game with speed, play with unbridled passion and develop the dedication to always improve – skills inherent in the great players of our time.



This program is designed to start good players on the right path to becoming elite hockey players by building their foundation to excel and achieve their goals.

2018 OLYMPIC GOLD MEDAL TEAM



PRESIDENT'S TRAINING MESSAGE



I would like to invite our **14u and 19u** players to attend my winter off-ice program. This program has been developed over the



years to help hockey players understand where they are today and more importantly, how they are able to **improve their speed and strength specifically for ice hockey** through this coordinated off-ice program.

A proper off-ice program is where you make your greatest gains in terms of developing speed and strength and you will benefit from it for years to come.

If you really want to improve your game, *where your age is right in the middle of the USA HOCKEY ADM "SPEED, STAMINA & STRENGTH" WINDOW (see below)* and I highly recommend you take advantage of this program.

Several players throughout Florida have taken advantaged of HI's training program, helping them achieve their goals of playing in the USHL, NAHL, and EJHL & NCAA Div I-II-III college hockey.

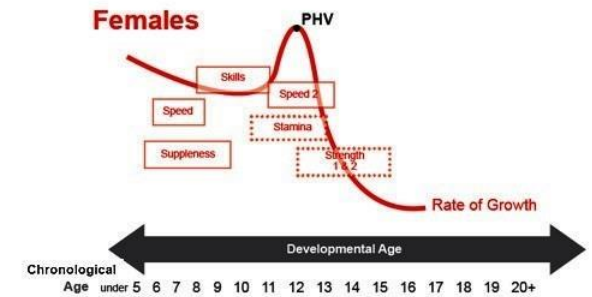


Brett Strot – President

PROGRAM HIGHLIGHTS

SPEED-OF FEET
SPEED-OF-HANDS
SPEED-OF-MIND

Hockey International's **SPEED OF HANDS, SPEED OF FEET & SPEED OF MIND** developmental and training concepts are the building blocks that prepare players to see, think and play the game faster. Also, through Hockey Internationals **ON-ICE** and **OFF-ICE TESTING**, players will be able to get a bench mark of how and where they stand among the world's best female players.



OFF-ICE TRAINING & DEVELOPMENT

- Interval Sprint Training
- Overload Training
- Targeted Plyometrics
- Skills Training & Development
- Sprint Endurance
- Bungee Cord Workouts

Sample Player Testing Graph

