2645 Vikings Circle, Suite 200 | Eagan, Minnesota 55121

STILLWATER BOY'S HOCKEY – STP PROGRAM

Summer 2021

- Camp 1: June 7th – July 2nd Camp 2: July 6th – July 30th
- Mondays, Wednesdays, and Fridays – off-ice training times are the following:
  - High School Group 1: 8:10am – 9:10am
  - High School Group 2: 8:10am – 9:10am
  - Bantam Group 1: 9:20am – 10:20am
  - Bantam Group 2: 9:20am – 10:20am
  - PeeWee Group: 10:30am – 11:30am
- Training Location: TBD - Stillwater, MN
- Team Pricing – Single Camp: $180 per player Both Camps: $305 per player

Program Overview

The competitive level of hockey today is pushing players to always be at their best. And, in this day and age, where wins are demanded at all levels and scholarships are on the line, simply being at their best isn't enough. Athletes now need to be better than their best. With these thoughts in mind, our goal here at TCO Sports Performance is to focus on all aspects of an athlete, from their physical to their mental and emotional state; we are always striving to help them improve. The goal always being to build on their current best!

We build athletes by first creating a foundation consisting of joint mobility and muscle flexibility that are important in establishing proper movement patterns. After the movement patterns are established, we turn our attention to building strength using science based progressive resistance training techniques. With the ability to move in check, and adequate strength levels developed we turn our attention to focusing on improving explosive power and subsequent speed and quickness. We do this by combining plyometrics with agility and speed training. These techniques result in the ability to effectively decelerate, accelerate, and change direction with speed and control, putting our athletes in a position to not only continue to better their best, but to stay healthy and on the ice. We do this all in an environment that promotes a culture based on hard work, commitment, and fun.

Additional Information

Payment options: Mind Body link for on-line registration and payment (this will be sent in a separate email)

A team is defined as 10 or more players from the same team or organization.

A 'Family Discount' will be provided to siblings of the same family. The 'Family Discount' will be priced out as follows:

- 10% off for each child

Information & Registration

Become a part of the top Sports Performance program in the Twin Cities! Join today!
Contact Charles "Luke" Rudberg at 651-324-3701 or CharlesRudberg@TrainingHAUS.com