



# Hockey Performance Centre

## **SKATEMILL** 1 on 1 Training & Video Analysis

Welcome! Hockey Performance Centre Abbotsford training players of all ages using world class training technology, the **SKATEMILL** in a state of the art facility. Working one on one with **video analysis** and highly trained instructors, players develop perfect skating stride, controlling the puck from both sides, shooting while in full stride with their head up looking at the target. The **Core & TRX Strength** training improves players balance, coordination and strength. HPC Hockey Specific Training improves the player's ability to maintain stability on skates, minimizing injuries and keep control of the puck during body contact. **We ensure that every client improves – every time they train with us!**

## New Client Packages

Introducing new Players to our HPC hockey specific training we offer short-term, group training packages on both our SKATEMILL and in our GYM.

### **New Players Skatemill Program – H2, H3, H4**

**Four - 60 minute sessions scheduled on consecutive weeks. Mondays 3:30 – 4:30 PM \$99.00 plus GST**

One hour, Psycho-Physical Warm up prior to the SKATEMILL - focuses on skating technique with video analyzes, stick handling, puck control. Five players max per session!

### **New Players Gym & Skatemill Program – Atom Minor & Major**

**Four- 75 minute sessions scheduled on consecutive weeks. Tuesday's 3:15–4:30 PM \$129.00 plus GST**

Psycho-Physical Warm up, 15 minute introductory Core Training, One hour SKATEMILL focuses on skating technique with video analyzes, stick handling and puck control. Four players max per session!

### **New Players Gym, Strength & Skatemill Program – Peewee Minor & Major, Bantam Minor**

**Four – 90 minute sessions scheduled on consecutive weeks. Tuesday's 5:30 – 7 PM \$139.00 plus GST**

Psycho-Physical Warm up, 30 minute introductory Core and Strength Training, One hour SKATEMILL focuses on skating technique with video analyzes, stick handling and puck control. Four players max per session!

### **New Players Gym, Strength & Skatemill Program – Bantam Major, Midget & Jr.**

**Four – 120 minute sessions scheduled on consecutive weeks. Wednesday's 5 – 7PM \$149.00 plus GST**

Psycho-Physical Warm up, 60 minute introductory Core TRX Strength Training,  
One hour SKATEMILL focuses on skating technique with video analyzes, stick handling and puck control.  
Four players max per session!

**T 604 -852-3080 TF 1-888-SK8MILL**