

SPRING TRAINING!

On-Ice Station Training for Hockey Players

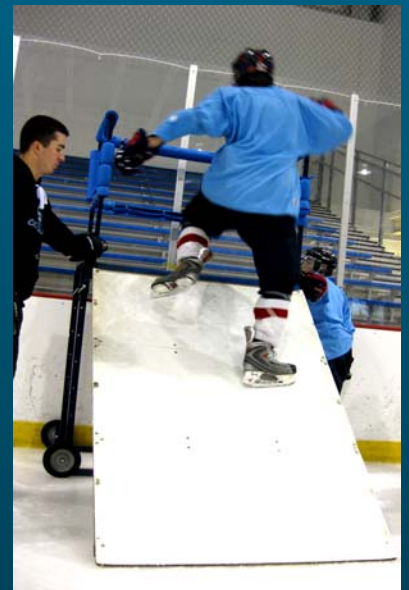
Players rotate through seven aggressive skill stations during each 75-minute high intensity training session!



Wendy Marco & Mike Ansell

With the area's most accomplished and knowledgeable team of instructors!

- Fast starts, hard shots, quick transitions, and much, much more!....
- Each station is designed to target a specific hockey skill, often utilizing high-end training equipment to accelerate the learning process.
- Skaters work *exclusively* with players of their same age/level in small training groups of only 6 to 8 skaters!



 Experience the RUSH!

Program Details:

Serious Competitive Players ONLY! (see registration form for level descriptions)
8 weeks / April 14th - June 2nd / Wednesdays 5:00-6:15 / \$325/Register using attached form.
Questions?...Contact Spring@ColdRushHockey.com

PLEASE NOTE: There is a maximum of just 6 to 8 spaces per playing level. Last year ALL groups **SOLD OUT** in just a few hours!!! The first to sign up are the ones that get in!

www.ColdRushHockey.com