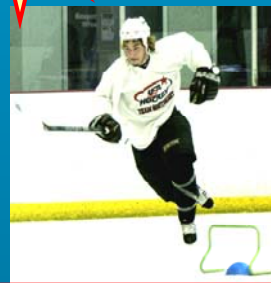




# 2010

# SUMMER PROGRAM!



"The most innovative, challenging, and effective hockey skating program in North America"



## Summer Hockey Skating Training Program for Serious Players with Big Goals

### Wendy Marco & the ColdRush Team

Widely considered one of the top skating coaches in hockey today, Wendy Marco offers her signature ColdRush Summer Program with Mike Ansell and the ColdRush team of skilled instructors *exclusively* in Northern Virginia.

Players skate weekly for 60 straight minutes in level specific target groups, often utilizing unique training equipment, while music blasts through the speakers.

The ColdRush Summer Program is notoriously physically and technically challenging. Athletes are forced out of their comfort zone at each session, enabling them to discover their true skating potential.

\*Skaters are expected to pursue their individual best! NO skater is allowed to participate if a parent or coach had to talk them into it. No exceptions!

*Experience the RUSH!*

### ColdRush 2010 Summer Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Caps Iceplex</b>	<b>Ashburn Ice House</b>			
6-7 AM	* Mite travel & select Squirt select & house '00-'03	* Mite & Squirt Minor house & select '01, '02, '03	* Pee wee & Squirt Major house & select '98, '99, '00	Mite travel '02-'03	TBD
7-8 AM	Squirt travel '00-'01	Squirt travel '00-'01	High School Midget/Bantam house & select '97 and older	Squirt 'AA'/'AAA' '00-'01	Pee wee 'AA'/'AAA' '98-'99
8-9 AM	Pee wee & Bantam travel '96-'99	Midget travel, College club, Prep School '95 and older	Pee wee/Bantam travel '96-'99	U18 AA/AAA U16 AA/AAA & higher	Bantam 'AA'/'AAA' '96-'97

\* All participants must have at least one full year of ice hockey team experience to participate.

#### Program Details:

Each class meets 10 times- June 21-August 30 (Independence Day blackout, July 5<sup>th</sup>)  
Sign up to skate **ANY 5 weeks** (\$255) or **ALL 10 weeks** (\$395)...*IT'S YOUR CHOICE!*  
Registration on back of this flyer or at  
[www.ColdRushHockey.com](http://www.ColdRushHockey.com)

