

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 team of instructors!

- 49 DIFFERENT drills!
- Fast starts, accurate shots, quick transitions, and much, MUCH more!
- Each station is designed to target a specific hockey skill.
- High end training equipment utilized!
- Skaters work *exclusively* with players of their same age/level
- Small training groups of only 6 to 8 skaters!



 Experience the RUSH!

Program Details:

Weekly Skill Station Training for Travel Players

8 sessions / March 23-May 27 / Choose Wednesdays or Fridays 5-6:15PM / \$325
(black out dates- Wednesday class: 3/30 & 4/20, Friday class: 4/1 & 4/22)

Questions?...Contact Spring@ColdRushHockey.com

Warning: Sell out possibility is VERY HIGH. (Last year both sessions SOLD OUT in just a few hours!!!)

www.ColdRushHockey.com