



Spring Dryland Training with Team Speed

Build Strength. Gain Speed. Dominate Next Season.

Elevate your game this spring with Team Speed's **8-week Dryland Training Program**—designed specifically for **Cherry Creek hockey players**. Led by **Coach Hunter Fieweger**, a former collegiate hockey player and high school coach, this program focuses on **speed, agility, strength, and endurance** to get you ready for the next season.

Program Details

Dates: March 16 – May 4

Training Times: Sundays at 8 AM or 9 AM (*additional times may be added based on demand*)

Location: Team Speed, located in Littleton near Ice Ranch, 311 E County Line Rd A19, Littleton, CO 80122

Cost: \$159 per athlete (*payable to Team Speed through registration link below*)

Why Join?

- **Expert Coaching:** Coach Hunter Fieweger brings his collegiate hockey experience and passion for athlete development to help you improve your performance on the ice.
- **Proven Training Methods:** Team Speed has helped youth and high school athletes develop **explosive speed, power, and endurance** through nationally recognized performance training for over two decades.
- **Testing & Progress Tracking:**
 - March 16 & May 4 are testing days to measure key performance metrics, including:
 - Shuttle Runs (150/300 yards) – Speed and endurance
 - Vertical Jump – Explosive power
 - Pro-Agility Test – Change-of-direction speed

- Broad Jump – Lower body power
- 10-Yard Dash – Acceleration and quickness
- Pull-Ups, Push-Ups, Sit-Ups – Strength and core stability
- **Game-Ready Conditioning:** Every session focuses on **individual player development, rebuilding strength, and fine-tuning** the skills needed to dominate next season.

Registration Link: <https://momence.com/m/374067>

Questions? Contact Team Speed:

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www.teamspeedco.com