



# 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:**

(303) 779-3640

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[www.teamspeedco.com](http://www.teamspeedco.com)