



# POWER SKATING CAMP

## SUMMER 2025

At Training HAUS, sports performance is the platform for athletic achievement. Our team of experts are committed to building a total athlete, while reducing the risk of injury through individualized evaluation and program design. Every athlete is challenged and empowered to identify, pursue, and achieve their personal goals.

### BENEFITS

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The Training HAUS hockey skating program uses the skating treadmill and state-of-the-art technology to improve your player's skating. This unique platform allows each player to receive individual instruction in a small group setting. We give each player immediate feedback and instruction on the skating treadmill, allowing players to see their progress.

- Improve form and increase speed
- Develop proper skating mechanics
- Focus on keys to speed
- Emphasize skating technique

### PROGRAM DETAILS

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The competitive nature of hockey is pushing players to always be at their best. Players want to improve and develop to reach their potential. With these thoughts in mind, our goal here at Training HAUS is to provide the platform and training expertise for all skill levels. We are always striving to help each player improve and encourage athletes to continue building on their current best!

**Training Schedule:** July 7 – August 14

- Weekly Training Options: Mon/Wed or Tues/Thurs
- Maximum capacity per session: 8 athletes

**Training Location:** Training HAUS – Shakopee | 1225 Fuller St S, Shakopee, MN 55379

**Training Reminders:** Please remember to bring your hockey helmet, gloves, skates, and a water bottle.

### COST & REGISTRATION

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Training Schedule	Cost (Per Athlete)	Registration Link (Deadline: Friday, May 16)
Mon & Wed   9:00 AM – 10:00 AM	\$480	<a href="http://TrainingHAUS.com/Shakopee-Power-Skating-25-MW">TrainingHAUS.com/Shakopee-Power-Skating-25-MW</a>
Tues & Thurs   10:00 AM – 11:00 AM	\$480	<a href="http://TrainingHAUS.com/Shakopee-Power-Skating-25-TT-AM">TrainingHAUS.com/Shakopee-Power-Skating-25-TT-AM</a>
Tues & Thurs   5:00 PM – 6:00 PM	\$480	<a href="http://TrainingHAUS.com/Shakopee-Power-Skating-25-TT-PM">TrainingHAUS.com/Shakopee-Power-Skating-25-TT-PM</a>