



GBN Hockey

Summer 2026

STRENGTH AND SKATES

~JUNE 8TH THRU JULY 30TH~

This Summer, GBNHC is excited to announce its partnership with [GVN Performance](#), Chicago's premier training facility. With a focus on strength and conditioning, the program concentrates on improving mobility, speed, and injury prevention.

GVN Performance Strength and Conditioning Sessions will run 8 weeks.

Sessions will be three (3) days a week:

Monday, Tuesday and Thursday at 4:30pm and 5:15pm

Each Session will be between 60-75 mins

All players will be assigned a specific time slot.

Due to limited space, there will not be flexibility in assigned time.

To complement the strength and to fine tune their skills, the players will skate two days a week, with one day dedicated to skills, and the other to Team play. Skills will be run by [James and Joey Sanchez](#). **On Ice will run 6 weeks**

Skates will be two (2) days a week:

Tuesday 7:30-8:30/8:40-9:40

Wednesday 5:35-6:35/6:45-7:45

On Ice Date Schedule:

June 8th-June 26th

Holiday Break June 29th-July 5th

Resume July 6th end July 24th

Registration details coming soon

The logo for GVN Performance, consisting of the letters "GVN" in a bold, red, sans-serif font.