

The Better You Get



The More Fun You Have™

# 2026 SUMMER TRAINING PROGRAMS

SMALL GROUPS. HIGH REPS. REAL FEEDBACK!

Our summer training combines **on-ice skills** and **off-ice performance** to help players improve faster and more confidently. Small group sizes allow us to coach details, challenge habits, and support growth in a positive, motivating environment. • More reps & puck touches • Immediate, constructive feedback • On-ice + off-ice development • Built on effort, discipline, and consistency. This is **results-based summer training**.

## SMALL GROUPS

# ICE



*The level of passion, excitement and commitment you bring to your training all while still making it fun is something I have never seen. It's almost like the kids have no choice but to get better.*

- Eric Heim



**TUES / THURS**  
at Eble Park Ice Arena

July 21, 23, 28, 30  
Aug 4, 6, 11, 13, 18, 20

**1:40PM** U14/U16/U18  
**2:50PM** All GIRLS  
**3:50PM** U8/U10/U12

10 x 1hr sessions  
Max 12 players/Group: \$850

Players will be divided on the ice by Age and Skill Level!

**SPOTS ARE LIMITED!**  
Email Peter to participate

Results  
Based  
Training!

# A

## SPORTS PERFORMANCE TRAINING



*"Everything about you and your place is great for young people to develop hockey and physical skills, along with some positive attitude and confidence skills for life." - Cindy Musbach*

**MON & WED**  
at the Farm in Sussex

July 20, 22, 27, 29  
Aug 3, 5, 10, 12, 17, 19

**1:00PM** U14/U16/U18  
**2:30PM** U10/U12  
**4:00PM** Over Flow Group

10 x 1hr 15 min sessions\*  
\*This will include skills work!  
Max 8 players/Group: \$625

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**EMAIL PETER@FARMTOUGHHOCKEY.COM • 414-899-5960**