

The Better You Get



The More Fun You Have™

2025 SUMMER TRAINING PROGRAMS

Our Summer Training is unique. We train **On-Ice & Off-Ice in Small Groups**. This is the BEST way to move the needle for athletes because we are able to increase the number of reps and touches, as well as provide immediate, positive and constructive feedback to the players for increased success. Our small group style focuses directly on building players strengths and improving weaknesses both on and off the ice. We pride ourselves on being able to push players past their comfort zone and motivate them to want to be better! We combine hard work, discipline and effort in a fun filled supporting environment! It's all about one thing...**Getting Better**. **Every drill, every rep, every day, every week**. Join us this Summer & watch EVERYTHING improve. **This IS Results Based 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 8, 10, 15, 17, 22, 24

Aug 5, 7, 12, 14, 19, 21

*We are off the week of July 28

1:40PM U14/U16/U18

2:50PM ALL GIRLS

3:50PM U8/U10/U12

12 x 1 hr sessions

Max 16 players/Group: \$900

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

EMAIL PETER TO PARTICIPATE

Please provide:

Name, Birthyear & Session Time

Results
Based
Training!



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 7, 9, 14, 16, 21, 23

Aug 4, 6, 11, 13, 18, 20

*We are off the week of July 28

1:00PM U14/U16/U18

2:30PM U10/U12

4:00PM Over Flow Group

12 x 1 hr 15 min sessions*

*This will include skills work!

Max 8 players/Group: \$625

EMAIL PETER TO PARTICIPATE

Please provide:

Name, Birthyear & Session Time

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