

ETS Performance x Rogers Youth Hockey Association

ETS Performance is excited to partner with Rogers Youth Hockey for another year to provide elite sports performance training to all athletes within the association. Below is a breakdown of our programs and the memberships & discounts to match.

Total Performance (Ages 11.5 & Up)

The ETS Total Performance program provides individual sports performance training in a small group setting designed to optimize your athlete's strength, speed, power, and injury resiliency qualities.

Membership Options:

1. 12-Month Unlimited (with **Free Month** added onto front end) = \$164.25/month
2. 6-Month Unlimited (NO Free Month added) = \$179/month
3. 6-Month, 2 Session per Week (NO Free Month added) = \$149/month

Speed Plus (Ages 8-11.5)

The ETS Speed Plus program focuses on linear and lateral speed development, deceleration & change of direction mastery, and relative strength training for young athletes to establish a foundation of quality movement, strength, and performance.

Membership Options:

1. 12-Month Unlimited (with Free Month added onto front end) = \$100/month
2. 6-Month Unlimited (NO Free Month added) = \$125/month

Additional Notes:

- If you are a **current member**, the above rates will be reflected on your October payment. Please reach out to your respective Director to confirm adjustment.
- If you are a **returning member**, please reach out to your respective Director to set up membership. An Athlete Evaluation is NOT needed.
- If you are a **new athlete**, please contact your respective Director to set up a Free Athlete Evaluation.
- **Sibling discounts available!**

Contact Information:

ETS Northwest Metro (Rogers, MN)

Director of Operations, Hank Wittren (northwestmetro@etsperformance.com)

ETS North Metro (Coon Rapids, MN)

Director of Operations, Michael Walker (northmetro@etsperformance.com)