

Summer School 2022 Virtual “Open House” Night



Presented by
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365 Director, Mario Puskarich

365 Performance Hockey Academy Summer School 2022

**ELITE LEVEL
TRAINING FOR
THOSE WHO
WANT MORE**

June 6, 2022 - July 8, 2022
July 11, 2022 - August 12, 2022
Monument Ice Rinks



- 365 PHA welcomes all Tier 1 and Tier 2 players from all organizations.
- **YOU DO NOT NEED TO BE A RAMPAGE PLAYER TO ATTEND.**

WHY 365 PERFORMANCE HOCKEY ACADEMY?

Purposeful reps and coaching needed to develop the entire athlete that many rinks/programs can't offer. We want to create a group of like-minded individuals who **will thrive** in a training environment like this and maximize their development path.

Enrichment

Players will be educated on the latest nutrition, yoga, sleep, and recovery practices to optimize their development.

Athletics

Players will receive today's best training from professional coaches to help them maximize their training and develop the skills needed to move to the next level in their game.

Mental Game

Players will spend time learning sports psychology techniques to better their mental game.

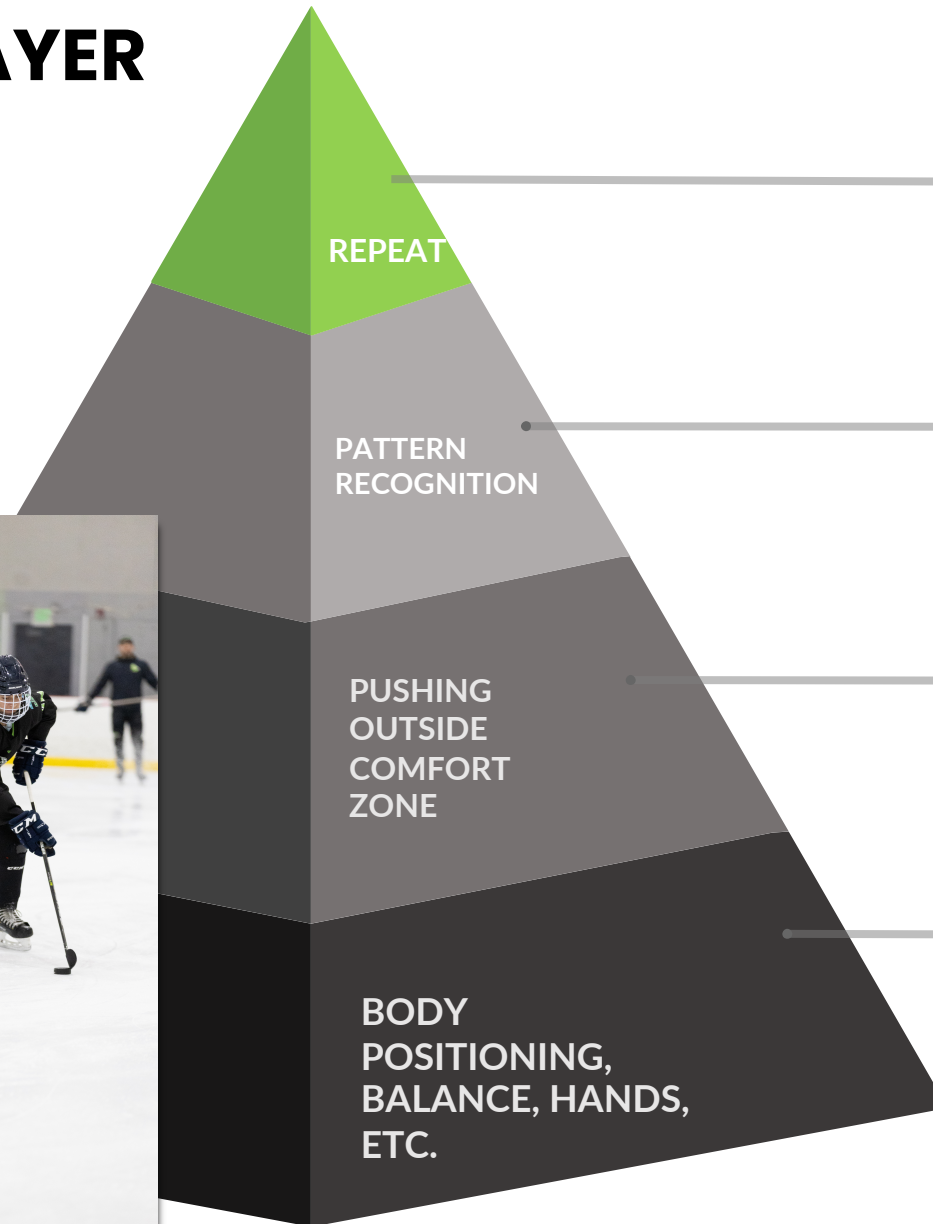
Character Development

Players will have the opportunity to gain volunteer hours that will transfer to their schools required credits.



DEVELOPING AN ELITE PLAYER

- Speed of mind
- Purposeful Movement
- Battle/Compete
- Game theory
- Speed and Skating Ability



4

Consistency

Perform and find a way to repeat everyday

3

Hockey IQ

Recognizing patterns in the game and making decisions at high speed

2

Execute at pace

Need to play fast game. No room for slow players in today's game.

1

Strong Skill Foundation

Focus on micro-skills and purposeful movements to develop correct technique.

PHYSICAL LITERACY/DRYLAND TRAINING

Periodization of different training methods to maximize athlete development that results in peak performance for the season

How to improve skating speed off the ice

Leg strength

Promotions only work as well as the marketing.



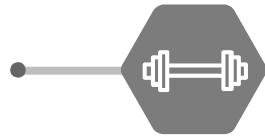
Hip, Knee and Ankle Mobility

Most important joints for increasing a player's skating speed and skills



Power and Agility

Creating force into the ice.



365/Dryland Benefits



Tracking/Measuring

Tracking player progress and identifying spots of weakness to improve



Rest/Recovery

Balancing work with recovery and proper nutrition



Injury Reduction

Pre-hab, mobility, flexibility, pliability, stability

365 SUMMER SCHOOL 2022



\$3,200 for 10-week program
\$1,700 for 5-week program

- Players will receive 3x on ice sessions per week, along with 5x off ice sessions per week
- Groups 1 & 2 will be on the ice Monday, Wednesday, Friday.
- Group 3 will be on the ice Tuesday, Thursday, Friday.
- On the days your group is on the ice players will be at the rink for approximately 3 ½ - 4 hours. 2 of those 3 days the players will also have off-ice activities such as (stick handling, vision training, and team building activities).
- On the days your group is not on the ice players will be at the rink for approximately 2 - 2 ½ hours.


NEW THIS SUMMER

We will be providing a 4th ice session once a week available to all groups. PEP/ skills session *optional but a great opportunity to get extra ice time.

Goalies

- Our Summer School program is also available to goalies. Goalie coaching will be available multiple times a week.
- Registration link coming soon





We will be offering four groups for 2022 Summer School

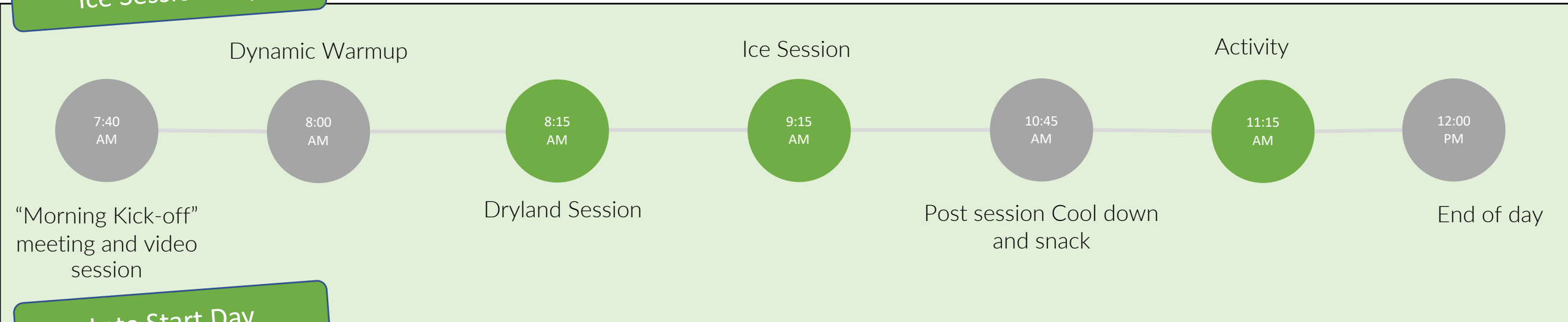
Group placement assigned by staff

- **College/Pro:** high level Juniors, Div. 1 & Div. 3 NCAA, Professional
- **Group 1:** Birth Years 02,03,04,05,06
- **Group 2:** Birth Years 06,07,08,09
- **Group 3:** Birth Years 09,10,11,12
(*13 upon approval)

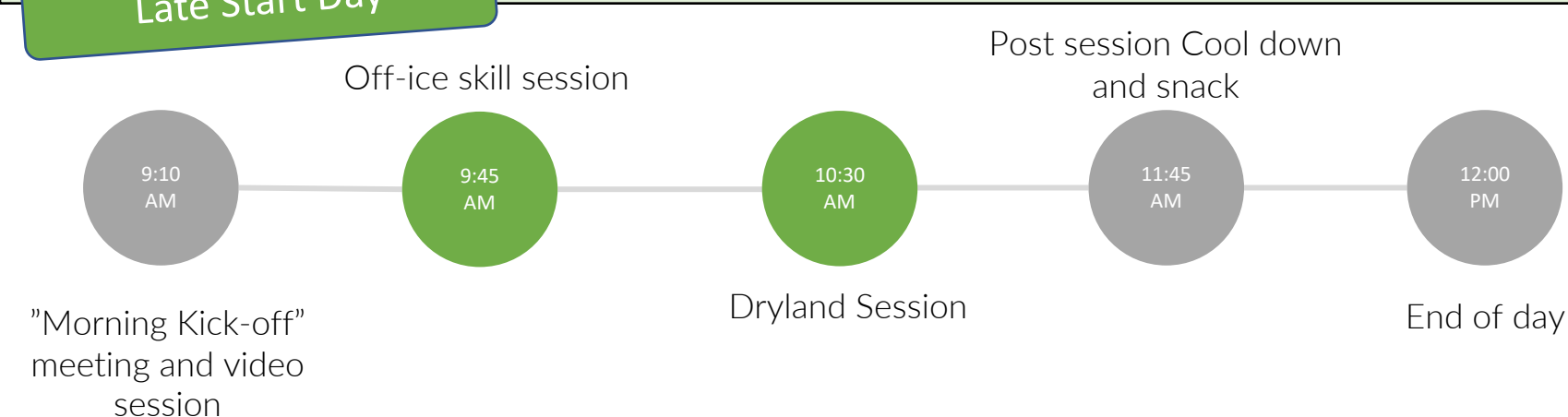
365 Summer School Day

Here is what the typical Summer School day will look like

Ice Session Day



Late Start Day



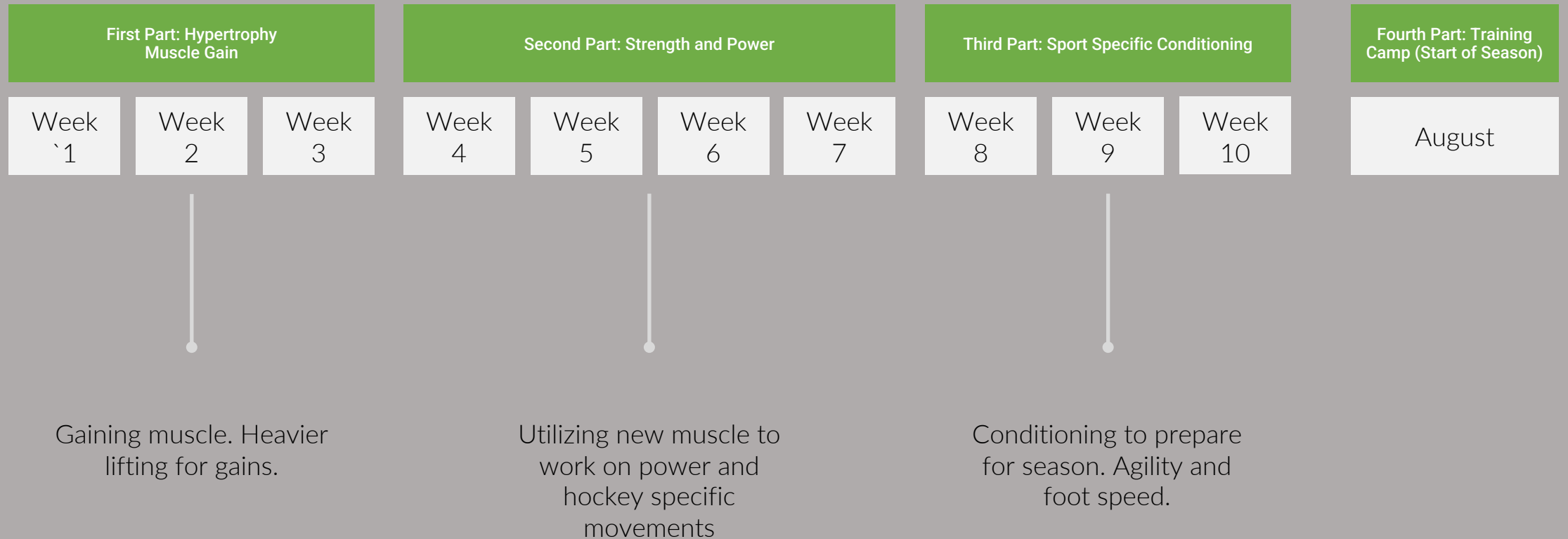
New to the Academy this season:

Community Service every Friday. Players will clean trails, work at the rink, and volunteer at local soup kitchens and other community centers

10:30 AM – 2:00 PM

DRYLAND TIMELINE

Off-ice training program in the Summer School to prepare for season



PHA Summer School 2022 Weekly Curriculum

[June 6th – July 8th]

- **Week 1:** June 6th–10th
 - Introduction week
 - Focus of the week [Fixed/Growth Mindset]
 - Friday's enrichment activity: Rink/Trail cleanup
- **Week 2:** June 13th – 17th
 - Focus of the week [Nutrition for elite athletes]
 - Nutrition seminar educating players on the best practices for athletes
 - Friday's enrichment activity: Yoga
- **Week 3:** June 20th – 24th
 - Focus of the week [Sleep & Recovery Education]
 - Educating players on how to correctly recover and how much sleep is needed for athletes to perform at the highest level possible
 - Friday's enrichment activity: Community Service (TBD)
- **Week 4:** June 27th – July 1st
 - Focus of the week [Hockey IQ]
 - How to develop hockey IQ, educating players on how to correctly break down game film and systems
 - Friday's enrichment activity: Yoga
- **Week 5:** July 5th – 8th
 - Focus of the week [Recap of curriculum from weeks 1-4]
 - Skills Competition (accuracy shooting, hardest shot, fastest skater, stick handling and breakaway challenge)
 - Game Day [Full ice game on last ice session of the week]
 - Friday's enrichment activity: Spike ball tournament

PHA Summer School 2022 Weekly Curriculum

[July 11th – August 12th]

Week 6: July 11th – 15th

- Focus of the week [Fixed/Growth Mindset]
- Introduction to Fixed/Growth Mindset for second 5-week participants. 10-week participants will continue to build on previous exercises
- Friday's enrichment activity: Yoga

Week 7: July 18th – 22nd

- Focus of the week [Nutrition combined with Recovery and Sleep education]
- Introduction to Nutrition, Sleep and Recovery for second 5-week participants. 10-week participants will have a great opportunity to give feedback and continue to develop the correct eating, sleeping, and recovery habits for elite athletes
- Friday's enrichment activity: Rink/Trail clean up

Week 8: July 25th – 29th

- Focus of the week [Hockey IQ]
- Introduction for the second 5-week participants. 10-week participants will continue to develop and improve hockey IQ practices.
- Friday's enrichment activity: Yoga

Week 9: August 1st – 5th

- Focus of the week [social media and how to use it responsibly]
- Educating players how to responsibly use social media platforms
- Friday's enrichment activity: Community Service (TBD)

Week 10: August 8th– 12th

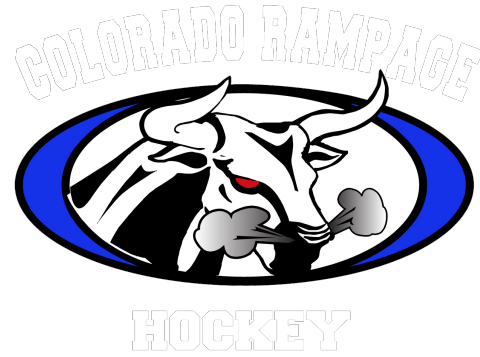
- Focus of the week [Recap of curriculum from week 1-10]
- Skills Competition (accuracy shooting, hardest shot, fastest skater, stick handling and breakaway challenge)
- Game Day [Full ice game on last ice session of the week]
- Friday's enrichment activity: Whiffle ball tournament, concluding with pizza and ice cream for all participants.

GROUP #2 14/15U									
Time	Mon	Time	Tue	Time	Wed	Time	Thu	Time	Fri
8:30am	Arrive	10:45am	Arrive	8:30am	Arrive	10:45am	Arrive	8:15am	Arrive/Warm Up
8:45am 9:30am	Off-Ice Activity	11:00am 12:00am	Workout	8:45am 9:30am	Off-Ice Activity	11:00am 12:00pm	Workout	8:45am 9:45am	Ice Session
9:45am 10:45am	Ice Session	12:00pm 12:30pm	Recovery	9:45am 10:45am	Ice Session	12:00pm 12:30pm	Recovery	10:00am 11:00am	Workout
11:00am 12:00pm	Workout			11:00am 11:45am	PEP/SKILLS			11:15am	Activity
				12:00pm 1:00pm	Workout				

Daily Schedule					365 PHA Summer School				
Weeks: June 6th - August 12th					GROUP #1 16/18U *Schedule Subject to Change				
Time	Mon	Time	Tue	Time	Wed	Time	Thu	Time	Fri
11:45am	Arrive	9:00am	Arrive	11:00am 11:45am	PEP/SKILLS	9:00am	Arrive	7:00am	Arrive
11:45am 12:10pm	Warm Up	9:00am 9:30am	Warm Up	11:45am 12:10pm	Warm Up for Gym	9:00am 9:30am	Warm Up	7:30am 8:30am	Ice Session
12:15pm 1:15pm	Workout	9:45am 10:45am	Ice Session	12:15pm 1:15pm	Workout	9:45am 10:45am	Ice Session	8:45am 9:45am	Workout
1:15pm 1:45pm	Recovery	11:00am 12:00am	Off-Ice Activity	1:15pm 1:45pm	Recovery	11:00am 12:00pm	Off-Ice Activity	10:00am	Activity
		12:15am 1:15am	Workout			12:15pm 1:15pm	Workout		

GROUP #3 10-13U									
Time	Mon	Time	Tue	Time	Wed	Time	Thu	Time	Fri
7:00am	Arrive	7:15am	Arrive	7:00am	Arrive	8:15am	Arrive	7:15am	Arrive
7:15am 8:15am	Workout	7:30am 8:30am	Workout	7:15am 8:15am	Workout	8:30am 9:30am	Ice Session	7:30am 8:30am	Workout
8:30am 9:30am	Ice Session	8:45am 9:45am	Video/Off- Ice Activity	8:30am 9:30am	Ice Session	9:45am 10:45am	Workout	8:45am 9:45am	Video/Off-Ice Activity
9:45am 10:45am	Off-Ice Activity			9:45am 10:45am	Off-Ice Activity				
				11:00am 11:45am	PEP/SKILLS				
WEEKLY OPTIONAL 4th ICE SESSION (PEP/SKILLS SESSION) *ALL GROUPS WELCOME [WED 11-11:45am]									

Daily Ice Schedule



365 PARTNERS



QUESTIONS?

