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## Announcement Strength & Conditioning

In preparation for the 2011 games, Team PEI is expected to be physically prepared for competition. Strength and conditioning is an essential element of team performance and we are happy to announce a partnership with Spero Mantzavrakos (nextleveltraining.ca) to help us with this process. Spero has served as head strength and conditioning coach in the NHL and the Ontario Hockey League and has offered his expertise at a very affordable rate.

All players interested in trying out for Team PEI must take part in this structured strength and conditioning program. Details as follows:

### Phase I (Dec 5, 2009 – Mar 21, 2010)

Cost per player: \$150 GST included

Athletes will receive 13 hours of instruction and education. Topics include hockey specific strength and conditioning methodologies for teenagers, nutrition, program overview and expectations, exercise technique training and a program to follow.

#### Phase I Details

Sessions	Date	Time	Location	Agenda
1	Sat, Dec 5, 2009	10am - 1pm	East Wiltshire School	- PEI Head Coach Intro remarks - Program Overview, Nutrition - Player testing
2	Sun, Dec 6, 2009	5:30–7:30pm	Atlantic Fitness Center	Exercise Technique Training
3	Sun, Dec 13 2009	5:30–7:30pm	Atlantic Fitness Center	Exercise Technique Training
4	Sun, Jan 10 2010	5:30–7:30pm	Atlantic Fitness Center	Exercise Technique Training
5	Sun, Jan 17 2010	5:30–7:30pm	Atlantic Fitness Center	Exercise Technique Training
6	Sun, Mar 21 2010	5:30–7:30pm	Atlantic Fitness Center	Testing

### Phase II (Apr 4, 2010 – Aug 15, 2010)

Cost per player

Option A: \$260 GST included (11 sessions)

Option B: \$130 GST included (5 sessions)

At this stage, the first round of cuts will be complete. The remaining athletes will receive 22 hours of group training (\$11/hr) should they choose Option A and 11 hours of instruction should athletes choose Option B (\$11/hr). This is the off season for hockey players and represents the best opportunity to maximize performance



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gains in strength, speed and quickness. Supervision plays a key role in ensuring workout intensity and maximizing gains.

### Phase II Group Training Schedule

	Option A	Option B		
Session	Dates	Dates	Time (same for Option A & B)	Location
1	Sun April 4, 2010		5:30–7:30pm	Atlantic Fitness Center 18 Garfield St.
2	Sun April 25, 2010	Sun Apr 25, 2010	5:30–7:30pm	Atlantic Fitness Center 18 Garfield St.
3	Sun May 9, 2010		5:30–7:30pm	Atlantic Fitness Center 18 Garfield St.
4	Sun May 23, 2010	Sun May 23, 2010	5:30–7:30pm	Atlantic Fitness Center 18 Garfield St.
5	Sun Jun 6, 2010		5:30–7:30pm	Atlantic Fitness Center 18 Garfield St.
6	Sun Jun 27, 2010	Sun Jun 27, 2010	5:30–7:30pm	Atlantic Fitness Center 18 Garfield St.
7	Sun Jul 11, 2010		5:30–7:30pm	Atlantic Fitness Center 18 Garfield St.
8	Sun Jul 18, 2010	Sun Jul 18, 2010	5:30–7:30pm	Atlantic Fitness Center 18 Garfield St.
9	Sun Jul 25, 2010		5:30–7:30pm	Atlantic Fitness Center 18 Garfield St.
10	Sun Aug 8, 2010	Sun Aug 8, 2010	5:30–7:30pm	Atlantic Fitness Center 18 Garfield St.
11	Sun Aug 15, 2010		5:30–7:30pm	Atlantic Fitness Center 18 Garfield St.

### Phase III (Sept 2010 – Jan 2011)

Cost per player

Option A: \$375 GST included (16 sessions)

Option B: \$190 GST included (8 sessions)

At the start of this phase the second round of cuts will be complete and Team PEI will be picked. Athletes who choose Option A will participate in 32 hours of supervised team training sessions (\$11/hr) and athletes who choose Option B will take part in 16 hours of supervised team training sessions (\$11/hr).

### Team PEI Training Schedule

	Option A	Option B		
Session	Dates	Dates	Time (same for Option A & B)	Location
1	Sun Sep 12, 2010	Sun Sep 12, 2010	5:30–7:30pm	Atlantic Fitness Center 18 Garfield St.
2	Sun Sep 19, 2010		5:30–7:30pm	Atlantic Fitness Center 18 Garfield St.
3	Sun Sep 26, 2010		5:30–7:30pm	Atlantic Fitness Center 18 Garfield St.
4	Sun Oct 10, 2010	Sun Oct 10, 2010	5:30–7:30pm	Atlantic Fitness Center 18 Garfield St.
5	Sun Oct 17, 2010		5:30–7:30pm	Atlantic Fitness Center 18 Garfield St.
6	Sun Oct 24, 2010		5:30–7:30pm	Atlantic Fitness Center 18 Garfield St.
7	Sun Nov 7, 2010	Sun Nov 7, 2010	5:30–7:30pm	Atlantic Fitness Center 18 Garfield St.
8	Sun Nov 14, 2010		5:30–7:30pm	Atlantic Fitness Center 18 Garfield St.
9	Sun Nov 28, 2010		5:30–7:30pm	Atlantic Fitness Center 18 Garfield St.
10	Sun Dec 5, 2010	Sun Dec 5, 2010	5:30–7:30pm	Atlantic Fitness Center 18 Garfield St.
11	Sun Dec 12, 2010		5:30–7:30pm	Atlantic Fitness Center 18 Garfield St.



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12	Sun Dec 19, 2010		5:30-7:30pm	Atlantic Fitness Center 18 Garfield St.
13	Sun Jan 9, 2011	Sun Jan 9, 2011	5:30-7:30pm	Atlantic Fitness Center 18 Garfield St.
14	Sun Jan 16, 2011	Sun Jan 16, 2011	5:30-7:30pm	Atlantic Fitness Center 18 Garfield St.
15	Sun Jan 23, 2011	Sun Jan 23, 2011	5:30-7:30pm	Atlantic Fitness Center 18 Garfield St.
16	Sun Jan 30, 2011	Sun Jan 30, 2011	5:30-7:30pm	Atlantic Fitness Center 18 Garfield St.

#### Terms and Conditions

1. All cheques to be made payable to Next Level Training Corp.
2. All fees to be paid in full prior to each phase of training.
3. Each athlete must pay a \$5 fee per visit to Atlantic Fitness Center unless athletes either already have a membership or choose to purchase a membership.
4. No make up sessions.