



Updated Schedule

Strength & Conditioning

Below are the changes made due to the POE camp conflict. The final test for Phase 1 will take place on March 28, 2010 at East Wiltshire Public School. Group 1 will arrive at 8:30 am and Group 2 will arrive at 11:00 am. At 11 am players and parents will meet in the Gymnasium so that we can discuss Phase 2 Strength and Conditioning expectations, and for those interested, discounts on NLT's High Performance Summer Hockey Programs.

Phase I Details

| Sessions | Date | Time | Location | Agenda |
|----------|------------------------------|---------------------------------------------|-------------------------------------|-------------------------------------------------------------------------------------|
| 1 | Sat, Dec 5, 2009 Complete | 10am - 1pm | East Wiltshire School | - PEI Head Coach Intro remarks - Program Overview, Nutrition - Player testing |
| 2 | Sun, Dec 6, 2009 Complete | 5:30-7:30pm | Atlantic Fitness Center | Exercise Technique Training |
| 3 | Sun, Dec 13 2009 Complete | 5:30-7:30pm | Atlantic Fitness Center | Exercise Technique Training |
| 4 | Sun, Jan 10 2010 Complete | 5:30-7:30pm | Atlantic Fitness Center | Exercise Technique Training |
| 5 | Sun, Jan 17 2010 Complete | 5:30-7:30pm | Atlantic Fitness Center | Exercise Technique Training |
| 6 | Sun, Mar 28 2010 | Grp 1 9-11 am Grp 2 11am-1:30 pm | East Wiltshire Public School | Testing and Registration for Phase 2 |

Phase II (Apr 25, 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 should they choose Option A and 11 hours of instruction should athletes choose Option B.

Phase II Group Training Schedule

| | Option A | Option B | | |
|---------|------------------------|------------------------|--------------------|----------|
| Session | Dates | Dates | Time | Location |
| 1 | Sun April 25, 2010 | | 5:30–7:30pm | TBA |
| 2 | Sun May 2, 2010 | Sun May 2, 2010 | 5:30–7:30pm | TBA |
| 3 | Sun May 9, 2010 | | 5:30–7:30pm | TBA |
| 4 | Sun May 23, 2010 | Sun May 23, 2010 | 5:30–7:30pm | TBA |
| 5 | Sun Jun 6, 2010 | | 5:30–7:30pm | TBA |
| 6 | Sun Jun 27, 2010 | Sun Jun 27, 2010 | 5:30–7:30pm | TBA |
| 7 | Sun Jul 11, 2010 | | 5:30–7:30pm | TBA |
| 8 | Sun Jul 18, 2010 | Sun Jul 18, 2010 | 5:30–7:30pm | TBA |
| 9 | Sun Jul 25, 2010 | | 5:30–7:30pm | TBA |
| 10 | Sun Aug 8, 2010 | Sun Aug 8, 2010 | 5:30–7:30pm | TBA |
| 11 | Sun Aug 15, 2010 | | 5:30–7:30pm | TBA |

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 and athletes who choose Option B will take part in 16 hours of supervised team training sessions.

Team PEI Training Schedule

| | Option A | Option B | | |
|---------|------------------|------------------|-------------|----------|
| Session | Dates | Dates | Time | Location |
| 1 | Sun Sep 12, 2010 | Sun Sep 12, 2010 | 5:30–7:30pm | TBA |
| 2 | Sun Sep 19, 2010 | | 5:30–7:30pm | TBA |
| 3 | Sun Sep 26, 2010 | Sun Sep 26, 2010 | 5:30–7:30pm | TBA |
| 4 | Sun Oct 10, 2010 | | 5:30–7:30pm | TBA |
| 5 | Sun Oct 17, 2010 | Sun Oct 17, 2010 | 5:30–7:30pm | TBA |
| 6 | Sun Oct 24, 2010 | | 5:30–7:30pm | TBA |
| 7 | Sun Nov 7, 2010 | Sun Nov 7, 2010 | 5:30–7:30pm | TBA |
| 8 | Sun Nov 14, 2010 | | 5:30–7:30pm | TBA |
| 9 | Sun Nov 28, 2010 | | 5:30–7:30pm | TBA |
| 10 | Sun Dec 5, 2010 | | 5:30–7:30pm | TBA |
| 11 | Sun Dec 12, 2010 | | 5:30–7:30pm | TBA |
| 12 | Sun Dec 19, 2010 | Sun Dec 19, 2010 | 5:30–7:30pm | TBA |
| 13 | Sun Jan 9, 2011 | Sun Jan 9, 2011 | 5:30–7:30pm | TBA |
| 14 | Sun Jan 16, 2011 | Sun Jan 16, 2011 | 5:30–7:30pm | TBA |
| 15 | Sun Jan 23, 2011 | Sun Jan 23, 2011 | 5:30–7:30pm | TBA |
| 16 | Sun Jan 30, 2011 | Sun Jan 30, 2011 | 5:30–7:30pm | TBA |

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 Next Level Training Corp.
4. No make up sessions.