



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	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 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
	Sun April 25, 2010			Cancelled due to POE session Rescheduled to Sun, Aug 1
1	Sun May 2, 2010	Sun May 2, 2010	11am - 1pm	TBA
2	Sun May 9, 2010		11am - 1pm	TBA
3	Sun May 23, 2010	Sun May 23, 2010	11am - 1pm	TBA
4	Sun Jun 6, 2010		11am - 1pm	TBA
5	Sun Jun 27, 2010	Sun Jun 27, 2010	11am - 1pm	TBA
	Sun Jul 11, 2010			Cancelled due to POE session – rescheduled to Sun Aug 22 (see table)
6	Sun Jul 18, 2010	Sun Jul 18, 2010	11am - 1pm	Stratford Soccer Complex
7	Sun Jul 25, 2010		**10:30 am– 12:30pm	Stratford Soccer Complex Early start due to POE skate @ 1pm
8	Sun Aug 1, 2010		11am - 1pm	Stratford Soccer Complex
9	Sun Aug 8, 2010		11am - 1pm	Stratford Soccer Complex
10	Sun Aug 15, 2010		11am - 1pm	Stratford Soccer Complex
11	Sun Aug 22, 2010	Sun Aug 22, 2010	11am - 1pm	Stratford Soccer Complex Testing for everyone

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	Stratford Soccer Complex
2	Sun Sep 19, 2010		5:30–7:30pm	Stratford Soccer Complex
3	Sun Sep 26, 2010	Sun Sep 26, 2010	5:30–7:30pm	Stratford Soccer Complex
4	Sun Oct 10, 2010		5:30–7:30pm	Stratford Soccer Complex
5	Sun Oct 17, 2010	Sun Oct 17, 2010	5:30–7:30pm	Stratford Soccer Complex
6	Sun Oct 24, 2010		5:30–7:30pm	Stratford Soccer Complex
7	Sun Nov 7, 2010	Sun Nov 7, 2010	5:30–7:30pm	Stratford Soccer Complex
8	Sun Nov 14, 2010		5:30–7:30pm	Stratford Soccer Complex
9	Sun Nov 28, 2010		5:30–7:30pm	Stratford Soccer Complex
10	Sun Dec 5, 2010		5:30–7:30pm	Stratford Soccer Complex
11	Sun Dec 12, 2010		5:30–7:30pm	Stratford Soccer Complex
12	Sun Dec 19, 2010	Sun Dec 19, 2010	5:30–7:30pm	Stratford Soccer Complex
13	Sun Jan 9, 2011	Sun Jan 9, 2011	5:30–7:30pm	Stratford Soccer Complex
14	Sun Jan 16, 2011	Sun Jan 16, 2011	5:30–7:30pm	Stratford Soccer Complex
15	Sun Jan 23, 2011	Sun Jan 23, 2011	5:30–7:30pm	Stratford Soccer Complex
16	Sun Jan 30, 2011	Sun Jan 30, 2011	5:30–7:30pm	Stratford Soccer Complex

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.