

"THE EDGE"

THE OFF-SEASON STRENGTH AND CONDITIONING PROGRAM FOR SERIOUS HOCKEY PLAYERS

OFFERED THROUGH **THE RINX HOCKEY SCHOOL**

Under the direction of **Alison Chlanda** and **Coach Matt Dickson**

PROGRAM GOALS

- Increase Speed, Agility and Quickness
- Increase Cardiovascular Endurance
- Increase Strength
- Increase Power
- Increase Flexibility
- Increase Overall Body Mass

OFF-ICE COORDINATOR

ATHLETIC REPUBLIC Sports Training Center will compose a dryland training regiment that will optimize a players speed, power, agility, reaction and first-step quickness. **Athletic Republic** programs are the nation's premier provider of advanced athletic performance enhancement training and protocols. **Athletic Republic's** state of the art facility, located at **The Rinx**, along with its highly professional staff, will provide a systematic series of supervised Hockey specific training protocols and specifically designed exercises to help enhance the physical performance of all enrolled in "**The Edge**". Players can improve their speed, conditioning, skating mechanics, puck handling and shooting skills by participating in this program.

ON-ICE COORDINATOR

Aleksey Nikiforov, The Rinx professional ice-hockey instructor/coach. Currently a coach with P.A.L. Ice Hockey, Aleksey was formally trained at the Central Institute of Sport and Physical Culture in Moscow, appointed by Anatoly Tarasov, the creator of the Russian Ice Hockey method of training. Aleksey is a former member of the Latvai Dinamo Riga and Latvias Berzs teams. He has trained more than a dozen players either currently playing in the NHL or entering this years NHL draft.

Here's what some of Aleksey's former and current students are saying:

"Everyone of Aleksey's students come away from his program knowing they have benefited and attribute much of their success to his coaching. I know I do." - **Danius Zubrus, New Jersey Devils**

"Those skaters that are serious about being the best they can be and are willing to put forth the necessary effort should not miss the opportunity to work with Aleksey. Coaches and players will take with them an incredible insight into the Russian methodology of developing 'elite athletes.'" - Chris Higgins, Calgary Flames (1st Round NHL Draft 2002)

"Aleksey is the reason I developed into an NHL Hockey player. He continues to teach and encourages me to improve as a skater as well as a hockey player." - **Matthew Gilroy, New York Rangers (2009 Hobey Baker Award winner)**

"I wouldn't be in the NHL today without Aleksey's help from the time I was 10 years old." - **Michael Komisarek, Toronto Maple Leafs (1st Round NHL Draft 2001)**

"THE EDGE"

This Summer at The Rinx

DATES June 28 through August 20, 2010

- Group I** – Squirt's and PeeWee travel players looking to go to a higher level
1hr off ice by **Athletic Republic** and 1¼hr on ice. 11:45a – 3:15p
Mon., Wed. & Fri. for 8 weeks. **4 Week min. enrollment for \$560.00**
All 8 weeks for \$1000.00
- Group II** - Prep Edge – PeeWee/Bantam travel players. **½ day program for 8 weeks!**
Training 5 days – 2hrs. on ice, 1hr. off ice at **Athletic Republic** Sports Training
On ice 9:30a – 11:30a, off ice 12n – 1:00p. **4 week min.\$1050.00. 8 weeks \$1800.00**
- Group III** – Jr. B CHA and Midget travel players looking to go to a higher level.
1½ hr off ice at **Athletic Republic** Sports Training and 1½hr on ice
Training 5 days – 3 on ice, 2 off ice. Mon., Wed. & Fri. On-Ice 3:45p – 5:15p
Tue. & Thur. Off Ice at **Athletic Republic** 3:30p - 5:00p
Six week program! 7/6 to 8/13 for \$1095.00
- Group IV** – Jr. Edge, Jr. A & Jr. B MET players, in conjunction with **Athletic Republic** Sports
Training 5 days- 3 off ice, 2 on ice.
Tues. & Thurs. On-Ice 3:45p-5:15p. Mon., Wed. & Fri. Off Ice at **Athletic Republic**
Sports Training 3:30p – 5:00p **Six week program! 7/6 to 8/13 for \$1050.00**
- Group V** – College and Professional players, **BY INVITATION ONLY:**
On Ice Only 5:30pm–7:00p Mon., Wed. & Fri.
Six week program! 7/7 to 8/13. 4 week min. enrollment for \$560.
All six weeks for \$740
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REGISTRATION – **First come first serve.** A non-refundable deposit of \$200.00 is required at the time of sign-up. Payment in full is due June 15, 2010. Anyone signing up after the final payment date is required to pay in full at the time of sign-up.

NAME _____ HEIGHT _____ WEIGHT _____
ADDRESS _____ BIRTH DATE ____/____/____

2009-2010 TEAM _____
TEL. NO. _____ GROUP I II III IV V (Circle One)

Check weeks player will be attending program: (Week 2 runs Tue., Wed., Thurs. & Fri. do to the 4th of July)

WEEK 1 (6/28 - 7/02) _____ WEEK 2 (7/06 - 7/09) _____ WEEK 3 (7/12 - 7/16) _____

WEEK 4 (7/19 - 7/23) _____ WEEK 5 (7/26 - 7/30) _____ WEEK 6 (8/02 - 8/06) _____

WEEK 7 (8/09 - 8/13) _____ WEEK 8 (8/16 - 8/22) _____

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631-232-3222

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