



OLMSTED MEDICAL CENTER

SPORTS MEDICINE AND
ATHLETIC PERFORMANCE

Hockey Ultimate Training Summer 2018

Learn to Skate Stride Program

(Ages 6 and under) This six-week program has two options meeting two times or one time each week. The focus is on 'Learn to Skate' skills.

Sessions	Sessions per week	Session Time
12	2	1 hour
6	1	1 hour

Super Mite Rising Star Program

(Ages 7-8) This six-week program meets one time each week. The focus is on 'Skating' and 'Shooting, Passing, & Stick Handling' skills.

Sessions	Session Time
6	1 hour

Hockey Standard Program

This program meets on time each week. The focus is on 'Skating' and 'Shooting, Passing, & Stick Handling' skills. Athletes must be at or above the Youth Hockey Association skill level of Squirt (boys) or 10U (girls).

Sessions	Sessions per week	Session Time
6	1	1 hour

Hockey One-On-One Program

(Any age) This program is open to any age. Based on your skills and goals, training is done using the treadmill and/or synthetic ice.

Group Size	Session Time
1	30 minutes
2	45 minutes
3	45 minutes
4 to 6	60 minutes

THIS SUMMER:

Summer membership program is available for designated programs that feature flexible scheduling during the week.

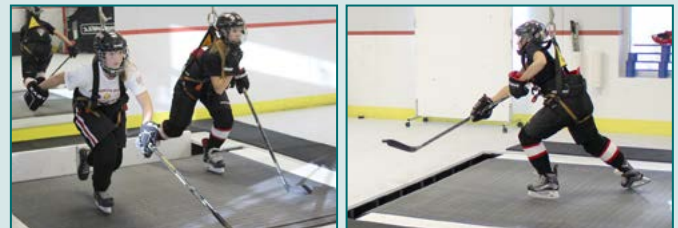
Call for more information.

Hockey Select Training (Summer)

This program is designed specifically for those that have committed to or are currently playing for a college hockey team (D1 or D3) or a Junior Hockey team (Tiers I and II). It will focus on hockey specific strength training, speed, agility, and quickness development as well as Blade hockey treadmill training. Sessions will include advanced exercises, demand a high level of intensity, and commitment from the participants.

- Participants meet three times per week
- Two-hour session time
- Prerequisite: Currently playing or committed to college D1/D3 or Junior Tier I/II hockey athletes
- Call for more information and pricing

Athletes are welcome to bring their summer programs from their school or junior team, and our strength coaches will assist them with that program.



Hockey Summer Camp

Athletes use the synthetic ice and the hockey treadmill to focus on improving hockey specific skills. Athletes will also use the state-of-the-art weight room featuring EliteForm electronic programming system to develop strength, speed, agility, and quickness. Lastly, athletes will also have the opportunity to participate in weekly yoga sessions.

Athletes 12 years of age and younger will be in the Learn to Lift program which introduces them to resistance training. They will learn basic movement patterns as a foundation to the major lifts. Lifts and training will be age appropriate and under the supervision of OMC Sports Medicine and Athletic Performance certified strength coaches.

Hockey Summer Camp is an eight-week program running from June 18 through August 10, 2018.

No classes on Wednesday, July 4.

Sessions per week	Days	Session Time
3	Mon, Wed, Fri	2 hours
4	Mon, Wed, Tues, Thurs	2 hours 1 hour

Class schedule and registration info on back

Summer 2018 Schedule



Learn To Skate - six-week program meeting two days per week

Summer Sessions	Monday	Tuesday	Wednesday	Thursday	Friday
COMING SOON					

Super Mite Rising Star - six-week program meeting one day per week

Summer Sessions	Monday	Tuesday	Wednesday	Thursday	Friday
COMING SOON					

Hockey Standard Program - six-week program meeting one day per week

Summer Sessions	Monday	Tuesday	Wednesday	Thursday	Friday
COMING SOON					

Summer Camp - 8-10 week program meeting (June 18 through August 10, 2018)*

Summer Sessions	Monday	Tuesday	Wednesday	Thursday	Friday
Hockey Selects 6/4-8/10 (membership program)***	6:30 AM-8:30 AM	6:30 AM-8:30 AM	6:30 AM-8:30 AM	6:30 AM-8:30 AM	6:30 AM-9:30 AM
High School/Bantams 6/18-8/10 (4-day)	8:30 AM-10:45 AM	8:30 AM-9:30 AM** 9:45 AM-10:45 AM**	8:30 AM-10:45 AM	8:30 AM-9:30 AM** 9:45 AM-10:45 AM**	
High School/Bantams 6/18-8/10 (3-day)	11:00 AM-1:15 PM		11:00 AM-1:15 PM		11:00 AM-1:15 PM
High School/Bantam/ PeeWee 6/18-8/10 (membership program)	1:15 PM-3:30 PM	1:15 PM-3:30 PM	1:15 PM-3:30 PM	1:15 PM-3:30 PM	1:15 PM-3:30 PM
Squirt 6/18-8/10 (3-day or 2-day)	2:30 PM-4:45 PM		2:30 PM-4:45 PM		2:30 PM-4:45 PM

* No programs on July 4.

** Athletes will be split into two training groups on Tuesday and Thursdays.

*** Prerequisite required.

Membership program - call to register.

Summer membership program is available for designated programs that feature flexible scheduling during the week. Call for more information.

Check scheduling page on MindBody for up-to-date programs, cancellation, and changes.

SIGN UP TODAY! To register for classes, go to www.olmstedmedicalcenter.org or to register by phone, call **507.535.1977**. All programs are held at **5155 55 Street NW, Rochester, Minnesota.**