



STATE CHAMPIONS: 1992, 1997, 2001, 2010, 2015
Super 8 Contenders in 14 of the Last 18 Years

August, 2019

Dear Players and Parents,

The Hingham High Hockey Boosters are announcing their Fall Conditioning Program for the 2019-20 hockey season. This program plays a vital role in maintaining Hingham's place among the elite high school programs in the state at both the varsity and junior varsity levels. All players are welcome and strongly encouraged to attend.

OFF-ICE CONDITIONING PROGRAM @ BOXYGEN Mon-Wed-Thurs

Beginning Wednesday September 4th running thru Monday November 25th

WHAT: Sessions will focus on Strength, Speed, Quickness, Explosiveness, Mobility and overall athleticism.

WHEN: Mondays & Wednesdays 3:30-4:30pm, Thursdays 4:15 - 5:15pm

WHERE: Boxygen Performance & Fitness, 50 Recreation Park Drive, Unit 2, Hingham

ON-ICE CONDITIONING PROGRAM – PILGRIM ARENA Tues & Thurs

Beginning Tuesday September 3rd running thru Tuesday November 26th

WHAT: Skills & Drills with Private Coach John Heffernan and 3V3 Games in Rink B

WHEN: **Group 1 - Sophs & Srs** Tuesday Skills in Rink A 3:00-3:50 pm & Thursday 3v3 in Rink B 3:15-4:05pm
Group 2 - Freshmen & Jrs Tuesday 3v3 in Rink B 3:15-4:05pm & Thursday Skills in Rink A 3:00-3:50pm
Groups will alternate each week so that both groups work with skills coach on Tuesdays in Rink A

Total Fall Program

36 Off-Ice BOXYGEN Sessions

25 On-Ice Skills & 3v3 Sessions

Total Cost per player: \$375 (\$6/session)

Attention Parents: All players MUST be paid in full prior to September 4th in order to participate. Should a custom schedule be needed, please contact the boosters for special pricing.

HARBORMEN HOCKEY FALL CONDITIONING REGISTRATION

Check each box that your player will be participating in:

- Off ice Program @ Boxygen \$150/player
Additional sibling cost \$75/sibling

Please make checks payable to Harbormen Hockey Boosters & send to the Boosters PO Box 580

- On ice conditioning Pilgrim Arena \$225/player
Additional sibling cost \$125/sibling

Please make checks payable to Harbormen Hockey Boosters & send them to the Boosters PO Box 580

Player _____ Player Email _____

Player _____ Player Email _____

Parent _____ Parent Email _____

Parent _____ Parent Email _____

Address _____ Contact Phone _____

**Please send all payments to:
Harbormen Hockey Boosters
PO Box 580, Hingham, MA. 02043**

If you are unable to participate in the Fall Conditioning Program on a full time basis because of fall sports or schedule conflicts please contact Kevin Concannon at harbormenhockeyboosters@gmail.com for customized pricing options.