

OFF SEASON PERFORMANCE TRAINING STATIONS:

HOCKEY PLYO - C2 band training on ankle, wrist, and waist

-Waist belt resistance running, jumping, and power.

-Stick handling under load, shooting technique no puck

SKATING TREADMILL – Stride development and conditioning

RUNNING TREADMILL – Running mechanics and top end speed

PACKAGES AND PAYMENT OPTIONS:

-Pay in full

-Pay in 2 installments

-Pay monthly in 4 installments

18 sessions = 9 - 2-hour sessions - \$575

-\$287.50 down and balance due later

-\$230 down payment – 3 monthly installments of \$115

-9 Hockey plyos – 5 Skates – 4 Sprints

PICK6 24 sessions = 12 - 2-hour sessions - \$750

-\$375 down and balance due later

- \$150 down payment – 4 monthly installments of \$150

-12 Hockey plyos – 6 skates – 6 Sprints

ELITE8 32 sessions =16 - 2-hour sessions - \$925

-\$462.50 down payment and balance due later

-\$185 down payment – 5 monthly installments of \$185

-16 Hockey Plyos – 9 skates – 9 Sprints

CHOOSE YOUR TIME FRAME:

Spring - March - May

Summer - June - July

Fall - August - October

CHOOSE YOUR TRAINING TIMES:

1 DAY A WEEK

2 DAYS A WEEK

Spring hours - 3pm - 9pm

Example: 4-6pm Monday and Wednesday

Summer hours - 9am - 8pm

Example Tuesday and Thursdays Noon - 2pm

REGISTER YOUR ATHLETE:

- Click here [Acceleration North](#)
- Scroll down and choose your down payment from the list. **Email curt@accelerationmn.com your list of athletes so we can put them into time slots once they register.**