



## 2019 – MADISON CAPITOLS GIRLS SELECTS

# GIRLS

### Madison Capitols Selects Invitation

#### **PROGRAM DETAILS**

MCGS is a program specifically designed for the best of the best! This program is for the elite players only by invitation. We will offer players the ability to train with the best, in order to take their skills to the next level. This program pushes athletes to enhance their overall skills on and off the ice.

**The on-ice training** will aim to develop you in all areas of the game. All athletes will be pushed and expected to perform on-ice drills at game speed with game intensity. We will be using the most up-to-date hockey training techniques combined with technology (on-ice instant video break-down of each player) in order to make sure these players continue to dominate their sport. Skills specific and reaction training will be the main focus while situational and strategic conversations will be utilized during the drills while receiving shots with the group.

#### **ON-ICE TRAINING**

**TECHNIQUE BREAK-DOWN**  
**SKATING**  
**STICKHANDLING**  
**GAME SITUATION DRILLS**

**PUCK PROTECTION**  
**SHOOTING / PASSING**  
**BATTLES & 5 VS. 5 GAMES**

**The off-ice training** will be held at Madison Cap Ice Arena. The development of efficient motor skills and muscle activation patterns progresses into dynamic motion. We will improve each athlete's glide platform positioning for skating and improve functional movement patterns for hockey developing a faster, stronger and more proficient athlete. This will unlock each athlete's full potential.

## OFF-ICE TRAINING

**MAXIMAL STRENGTH  
DYNAMIC POWER  
SPEED REACTION  
COORDINATION**

**FLEXIBILITY  
CORE STRENGTH  
BODY AWARENESS  
BALANCE**

### **PROGRAM SCHEDULE**

Each on-ice practice is 1hr and 20min. (50min. of pure instruction and a 20min. high intensity scrimmage at game speed!). Each off-ice workout is 50min (weights, turf, core training).

### **NEW WEDNESDAY POWERSKATING/DRYLAND WITH JASMINE GILES**

Jasmine has worked with NHL and National team level skating coaches for over 15 years. Her summer power skating clinic provides drills to help develop her athletes skating power, stride, edge work and balance. The weekly sessions will challenge each athlete to work outside their comfort zone and significantly improve their skating and athletic ability.

#### **Ice and Lifts**

**June 24<sup>th</sup> – August 9<sup>th</sup>**: there will be (3) two on-ice and off-ice sessions (Tuesday, Wed., Thursday)

- On-ice Times will be 8:00am – 9:20am Tuesday/Thursday
- Off-ice Times will be 9:40am – 10:30 am Tuesday/Thursday
- On Ice Times Wednesday will be 5-6pm **NEW**
- Off- ice Times Wednesday will be 6:10-7pm **NEW**

### **PROGRAM DIRECTORS / INSTRUCTORS**

Bryan Fuss will be running the program as well as the on-ice training.

- **Bryan Fuss** (Edina, Minnesota) grew up playing for the Madison Capitols AAA Tier 1 Program. He was drafted by the Des Moines Buccaneers of the USHL. He spent 2 years in the USHL before earning a scholarship to play Division I college hockey for Lake Superior State. After four years of college hockey, Bryan began his professional career. Bryan has been a part of Minnesota Made Since 2009 as a Coaching Director and Director of the Minnesota Machine Boys program. Bryan will be taking on a new position with the Madison Capitols youth Program starting June 1<sup>st</sup>. He will be the head coach for the U15 and U18 boy's teams. Bryan will also be the Director of Hockey operations for the Madison Capitols youth program.
- **Jasmine Giles** grew up playing competitive hockey in Ottawa, Canada for the Ottawa Lady Senators. She spent two seasons playing for the U18 Team Ontario, winning back to back National titles in 2005 and 2006. She attended the University of Wisconsin from 2006-2010, winning the NCAA D1 National titles in 2007 and 2009. In 2007, she represented Team Canada in a three game U22 series between Canada and the U.S.
- **Dan Sandell** has dedicated his career to enhancing the development of elite hockey players. He began as an Athletic Trainer in 2004 after graduating from Augsburg College in Minneapolis, MN and opened a private training facility shortly after in Blaine, MN. He provides strength training programs for the Minnesota Wilderness (NAHL), the Madison Capitols (USHL), and continues to mentor his training staff in Minnesota.

### **CONTACT INFORMATION**

- Program Director/Instructor: Bryan Fuss – 612-802-3100 / [bryan@madcapshockey.com](mailto:bryan@madcapshockey.com)

### **WEBSITE / LOCATION**

- Cap Ice Arena – [www.madisoncapitols.com](http://www.madisoncapitols.com)

### **COST / AVAILABILITY / PAYMENT OPTIONS**

The cost is \$695 and the deposit of \$295. See payment options listed below.

## **GIRLS SELECTS REGISTRATION**

### **COST / PAYMENTS OPTIONS**

- Registration Link: <https://madisoncapitols.sportngin.com/register/form/195165841>
- A Deposit of \$295 ASAP followed by 2 payments of \$200
- PIF