

## St Louis Park Hockey

### Spring Team Training



#### Purpose:

The Power House will be hosting hockey-specific strength and conditioning sessions for the St Louis Park Hockey Teams. The sessions will focus on speed, agility, quickness, power development, strength, balance, flexibility, conditioning and injury prevention strategies.

#### Dates and Times:

Training will take place Tuesday/Thursday from 4:00pm – 5:00pm. Training will start Tuesday, April 7<sup>th</sup>, 2020 and run through Thursday, May 29<sup>th</sup>, 2020.

#### Location:

The Power House St Louis Park  
7319 W Lake St  
St. Louis Park, MN 55426

#### Pricing:

For 16 sessions the pricing is \$134 per athlete

#### Registration:

To register please follow these instructions:

1. Fill out the waiver ([click here](#)) with your athletes' information.
  - Filling out the waiver **automatically** creates a MindBody account.



<b>First Name</b>
<input type="text" value="First Name"/>
<b>Last Name</b>
<input type="text" value="Last Name"/>
<b>Email Address</b> ←
<input type="text" value="Email Address"/>
<b>Phone Number</b>
<input type="text" value="Phone Number"/>
<b>Password</b> ←
<input type="text" value="Password"/>

The Power House aims to please our clients in every possible way, and as a policy, will not issue refunds. Gifting remaining balances or transferring balances to other services may be an option. Please email [accounts@tphmn.com](mailto:accounts@tphmn.com) for assistance. Packages expire three months after the date of the client's first visit.

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2. As you see in the image above, in the waiver you will have entered your email address and create a password. That email and password are your MindBody login.
3. Once you have completed the waiver, come back to this this email and here to purchase the training package: [St Louis Park Hockey Spring Training](#)
4. The hyperlink of the package option you click will automatically direct you to the “check out page of MindBody. You will then be prompted to upload your card to your MindBody profile in order to purchase the package.
5. When your athlete comes to The Power House they will check into their session (using their name which you entered on the waiver) on the iPad located at our front desk. The session is named: **SLP Hockey Spring Training**

If you have any questions regarding registration or payment, please feel free to send an email to [jorge.artavia@tphmn.com](mailto:jorge.artavia@tphmn.com)

We look forward to being a part of your athletes training journey!

Thank you,  
The Power House

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