



## Private Small Group Strength & Speed – 2021

Impact has fully equipped the PAC2 upstairs training room to the highest professional standard. Impact has partnered with TrainingHaus to provide certified strength trainers. Players will train in Small Groups with max 8 athletes per group. Capacity limited to a maximum of 16 players and 2 trainers. This is optional training. Players must commit to a specific schedule.

April 5 through September 23 (Total 24 weeks \*off June 7 week-last week of school)

2 in-person workouts per week plus additional online workouts.

Players commit to train with a specific group at specific times.

Make ups may be allowed on a limited basis with other groups if there is capacity.

Players will test vertical jump and 48' sprint in the beginning and end of the program to track progress.

Training will consist of weightlifting, jumps, and sprints. Players will be taught how to lift weights with proper posture, technique, and resistance given their training experience and physical maturity.

Training sessions are 1 hour. Players are expected to show up on time and wear athletic shoes with laces tied prior to arrival. Water bottle is optional.

Fee: \$650 per player

Parents must have a serious discussion with their athlete before registering for this program. Players must be ready to invest 100% effort and consistent attendance. The rest of the group will feed off each team members commitment and energy. The trainer can only show measurable improvement for each athlete if the attendance and work ethic is solid.

Registration:

Contact Eric Johnson at 952-212-5332 or [ej@impacthockey.com](mailto:ej@impacthockey.com) to discuss available times/days.

