



Tier 1 – 2021 Spring Training

Spring and Summer are the best times to train for hockey. Skate less train more!! This six-week program is intended to bring increased power, quickness, agility, core rotation and strength, plus short term cardiovascular conditioning.

For the sixth year, Tier 1 is providing off ice training for hockey players and other athletes. Hockey requires every skill set from hand-eye coordination to foot quickness to pure strength. Players of almost every sport benefit from the attributes required to play hockey.

Players will train twice weekly for six weeks (12 total sessions) to coincide with hockey and other spring sports. Below is the schedule for this Spring. Classes will run from April 12– May 21. While we ask that families pick primary days for training, we welcome athletes to train any of the four days. We want all our participants to get two sessions per week. As the Huskies have ice on Monday, Tier 1 will offer a special class at 6:30 – 7:30 for both peewees and bantams.

ROMEOVILLE - CANLAN ICE SPORTS

12U and 14U (Huskies Only)	Monday	6:30PM
12U	Tuesday - Thursday	5:00PM
14U	Tuesday - Thursday	6:00PM
H.S.	Tuesday - Thursday	7:00PM

PROGRAM COST

\$249 Early Bird Discount (By March 5) \$199

QUESTIONS

Contact Don Lewis at 630.947.3017 or via email at lew1161@yahoo.com



LOCATIONS

8004 S. Madison Street
Burr Ridge, IL 60527

1581 Normantown Road
Romeoville, IL 60446