

WE ARE HOCKEY

Airdrie’s **ONLY** Full-Service Hockey Training Centre.

(Real Ice Training Rink, Synthetic Ice Shooting & Sills Centre, Strength & Conditioning Centre, Classroom)

Explosive Edge Dryland Training is the most **COMPREHENSIVE** and **DYNAMIC** training you can get. Our complete Player and Goalie development is packed with **ELITE** off-ice development where we train the body, mind, and social aspects of the athlete.

Focus: Our team programs are designed to keep everyone moving, engaged and learning.

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| <ul style="list-style-type: none">• Team Bonding• Skill Development• Speed Development/Plyometrics• Flexibility/Mobility (Myofascial Release/Yoga/Injury Reduction)• Core Strength• Balance/Coordination• Proper Movement Mechanics | <ul style="list-style-type: none">• Energy System Training- Aerobic vs Anaerobic• Explosive Power (Olympic Lifts)• Acceleration and Deceleration• Specific Skill Development• Mental Toughness• Mindfulness• Leadership• Nutrition |
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Sample Program (Airdrie AAA Xtreme): **Cost** = \$2800+tx

20 sessions (1 x per week)

- 4 “classroom” sessions (Mental Toughness, Leadership as an Athlete, Mindfulness for Athletes, Nutrition)
- 16 Explosive Edge Facility specific work outs

Dryland Fees - \$150+tx/1hr session. Discount for 10 or more sessions = \$140+tx.

NEW THIS YEAR – Classroom Programs (Mental Toughness, Leadership as an Athlete, Mindfulness for Athletes, Nutrition)

“Classroom” Program Descriptions:

Mental Toughness - Athletes have a unique group of stressors in their life. They have to adapt to different teams every year, different coaches, and different levels of expectations. This year brings change and uncertainty. With this comes a different aspect of mental toughness. This program is designed to help support the athletes mental health and reinforce positive habits so athletes understand that they are not alone, and that there are strategies to help them.

Leadership for Athletes - Being an athlete puts people in a position of leadership whether it be the “silent leader” or the Alpha. It is important for athletes to understand what their responsibilities are and how to act accordingly.

Mindfulness for Athletes – Athletes are in unique environments and settings. The athlete ecosystem needs to have certain things in place for success and positivity. This program opens up the mind to ideas that generate a mindful approach to the team, dressing room, facilities, and community.

Nutrition – When living an active lifestyle, it requires a certain level of fuel (diet). This program will explore how important the choices are that athletes make and the outcomes of such choices (bag of chips vs a bag of peas). We will also explore the discipline involved with living an active lifestyle and how much it impacts performance. Sport drinks will be one of the topics as well.

At Explosive Edge we live and breathe hockey development. Our team sessions are constantly evolving with the latest research and demands of the sport and are driven by the Long Term Player Development (LTPD) model. Our training is designed to meet the needs of **HOCKEY** players at their appropriate stage of the LTPD Model that you can find within Hockey Canada and Hockey Alberta, which was derived specifically to meet the demands of hockey from the Long Term Athlete Development (LTAD) model from Canadian Sport for Life.

“Throughout the LTPD pathway, Hockey Alberta recognizes four pillars of player development: physical, mental, technical, and life skills.” https://www.hockeyalberta.ca/uploads/source/Parent_Engagement/Parents_-_FINAL-small.pdf

We ONLY train athletes!

DEFINE YOUR GAME – TRAIN EXPLOSIVE

