



#SHP 2015 Summer Hockey Program

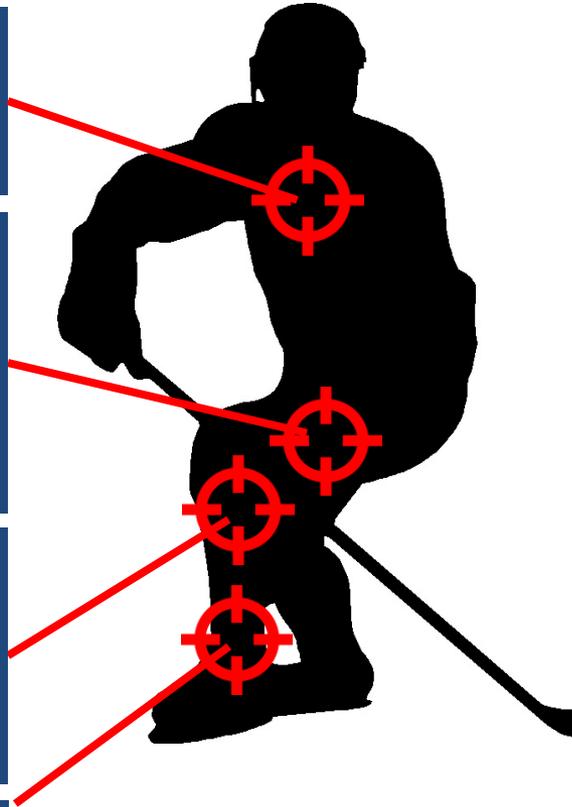
Elevate your game to the next level!

Endurance Increase the anaerobic threshold to have stronger shifts at higher intensities, and to shorten recovery time between shifts.

Power Become more explosive with the first stride to gain advantage over competitors when racing to the puck, and increase rotational acceleration at the hips, midsection and shoulders for increased shot velocity.

Speed, Agility, Quickness Cover the length of the ice in a shorter time with improved stride length and frequency, and react to the constantly moving puck with quick and efficient changes in direction.

Injury Prevention Receive instruction that focusses on correct technique and scientific principles, while incorporating appropriate corrective exercises to reduce muscular imbalances and weakness.



Barrie's Most Successful Program:

With a history of improving the performance of Barrie's athletes for the past decade, our Summer Hockey Program equips players to reach greater levels of performance in the upcoming season. Our methods are based on cutting edge scientific knowledge and proven training methods that produce exceptional results!

Customized Programming:

Athletes enrolled in our Summer Hockey Program will have the benefit of receiving customized programming that will be specific to each individual's training goals and needs. Whatever your age, level or position, your program will be made for YOU!

Nutritional Coaching:

New this summer, athletes and parents can schedule personalized Sport Nutrition sessions to enhance performance and training. Learn more about meal planning, hydration, supplements and recovery to optimize maximum training results.

Elite team of Strength Coaches:

Take advantage of our expert team of certified strength and conditioning coaches, athletic therapists, physiotherapists, nutritionists and former professional & junior hockey players, collectively having worked with anyone from recreational to NHL hockey players.

Contact M2M's ADMIN
TEAM TODAY!

480 Huronia Road, Barrie
E-mail: admin@mindtomuscle.ca
Phone: 705-737-5097
www.mindtomuscle.ca



First 20 athletes to sign-up for this year's SHP receive a Gatorade product pack upon registration!