

# 2015 Hockey Sport Testing

Sunday June 21<sup>st</sup>, 9am to 12pm

Nottawasaga Resort Inn Centre Ice Sportsplex

Come out and see how your on-ice speed, agility and stickhandling stacks up against the pros!

## On-Ice testing to evaluate:

- Forward and backward skating speed and acceleration
- Agility and puck handling
- Skating transitions and control

## Off-ice fitness testing to evaluate:

- Functional Movement Screen (FMS™) to assess movement patterns and potential strengths and deficits
- Vertical jump test to assess lower body power

Test results can be compared against standards set by elite level athletes. Areas for improvement will be diagnosed by our strength and conditioning experts, and training recommendations made for your summer training that will take you to the next level!



**DEADLINE JUNE 1<sup>st</sup>, SPACES LIMITED!**

Contact Jess to reserve your spot TODAY!  
Mind to Muscle Strength and Conditioning  
480 Huronia Road, Barrie, ON  
(705)737-5097

only  
**\$99**  
+HST

visit our website at [www.mindtomuscle.ca](http://www.mindtomuscle.ca) for more information!

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