



2014 SUMMER HOCKEY PROGRAM

Elevating your on-ice performance!

Barrie's Most Successful Program

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

4:1 Athlete-Coach Ratio

Mind to Muscle's Summer Hockey Program is evolving again to provide even better training for our athletes! By providing each athlete with a personalized Strength & Conditioning plan, we can tailor the training specifically to his or her abilities and goals!

Elite Team of Strength Coaches

To be your best, you need to train with the best. M2M Coaches are experts in the field of human performance with unparalleled education & certifications to ensure you get the most out of your training. Our Team includes Certified Strength & Conditioning Coaches, Athletic Therapists, Physiotherapists, former professional & junior hockey players and National team strength & conditioning coaches.

THE MIND TO MUSCLE APPROACH to improving athletic performance relies on 5 pillars:

POWER	AGILITY	INJURY PREVENTION	ENERGY SYSTEMS	EDUCATION
<ul style="list-style-type: none"> ✓ Increased acceleration ✓ Improved stability on the ice ✓ Develop a harder shot ✓ Enhanced contact skills ✓ Physically dominate your opposition 	<ul style="list-style-type: none"> ✓ Change directions faster ✓ Improved forecheck pursuit ✓ Increased reactive skills 	<ul style="list-style-type: none"> ✓ Proven training methods ✓ Proper education of technique ✓ Specific corrective exercises ✓ Direct access to Sports Medicine professionals 	<ul style="list-style-type: none"> ✓ Increased energy each shift ✓ Recover quickly between shifts ✓ Perform better later in games 	<ul style="list-style-type: none"> ✓ Athlete resource package ✓ Nutrition workshop ✓ Recovery seminar ✓ Mental preparation session ✓ Injury prevention talk ✓ Fitness testing reports

“Mind to Muscle will continue to play an important part in my hockey development”

-Zach Nastasiuk, 2nd Round Draft Pick, Detroit Red Wings

**DON'T MISS OUT ON THE OPPORTUNITY TO HAVE YOUR GREATEST SEASON YET!
CONTACT M2M'S ADMIN TEAM TODAY!**

**480 Huronia Road, Barrie
Email: admin@mindtomuscle.ca
Phone: 705-737-5097**

First 20 athletes to register prior to June 1st will receive a BioSteel Performance kit!



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