

TOP GUN OFF ICE

Developing the speed, the strength and the proper training techniques to get to the next level

Start your development today



No matter the age, training experience, or level of strength, there is a training program for all teams. Athletes will be taught the proper lifting and training techniques regarding body weight exercises, for young athletes, and weight lifting

Athletes will be pushed physically on a consistent basis, improving their overall sports performance and helping each athlete progress both on and off the ice. Programs for all players will be made and their progress recorded.

Pricing and Registration

Ages 6-12 (1 hour session) Before or after practice

Ages 12 and Up (workouts will be 1 hour and 20 minutes) Before or after practice

Gym (prices per player)

2-3 players per group- 10 sessions=\$180 or 16 sessions=\$288

4-9 players per group- 10 sessions=\$150 or 16 sessions=\$240

10-15 players per group- 10 sessions=\$120 or 16 sessions=\$192

*First come first serve on scheduling your time

Training Focuses on:



Fast Twitch Muscle Development through explosive plyometric drills and Olympic lifting.

Stren



There is a high correlation between an athlete's strength and explosive power and their overall speed. Emphasis is placed on developing maximum strength. More force a muscle can produce, the more speed and power that athlete has.



Agility Training

Aimed to convert strength and linear speed into sport specific speed and quickness. Focusing on plyometric training, speed ladder, and agility drills.

Core Strength and Flexibility



Focus on developing a strong core to provide stability and balance, which allows for the transfer of powerful movements to the bodies extremities. Also, develop proper range of motion and flexibility to help prevent injuries.

Please Contact Brian McGuirk or Marc Bastarache to sign up now.

Marc:

mbastarache@the-icenter.com

(339) 226-0257

Brian:

bmcguirk85@gmail.com

(978) 833-8698