

SUMMER 2010 OFF-ICE TRAINING



This strength & conditioning program will be geared towards youth hockey players with maturing bone and muscle structures. Youth players can greatly benefit from speed and agility training, as the pre-teen and teenage years are essential for the development of fast twitch fibers in the athlete. Fast twitch muscles provide the athlete with speed and quickness on the ice. It is crucial to develop proper exercise mechanics as early as possible in the athlete to maximize recruitment of these fibers.

The main focus of training will be technique. Proper exercise technique is the key to building a solid athletic foundation in the young athlete. Exercises will usually be conducted with just body weight, or small resistance to promote fast twitch development. Training will consist of speed, quickness, agility, and core strength exercises. **Exercises will include hurdles, sprints, cone agility, pilates, flexibility training, explosive movements, balance, and core stability to create a balanced weekly cycle of training.**

Benchmark testing will be conducted at the beginning of training, as well as at the 4 and 6 week intervals thereafter to measure progress.



PROGRAM DETAILS

Time: **Monday – Friday, 10:00-11:00 am**

Dates: **July 12 – August 20, 2010**

Location: **Amherst Ice Center & Amherst Bike Path**

Cost: **\$140 for 4 weeks or \$180 for 6 weeks**

Training will be held everyday, rain or shine.

You must bring a water bottle and stretch beforehand.

Come prepared, focused, and ready to improve!

CHOOSE YOUR CUSTOM PROGRAM

✓	Check Weeks	Week #
	July 12 - July 16	1
	July 19 - July 23	2
	July 26 - July 30	3
	Aug 2 - Aug 6	4
	Aug 9 - Aug 13	5
	Aug 16 - Aug 20	6
☒	Choose Program	
	2 Weeks \$ 80	\$40 wk
	4 Weeks \$ 140	\$35 wk
	6 Weeks \$ 180	\$30 wk

LEAD INSTRUCTORS

Jake Hannon

Current Amherst College Hockey Player (NESCAC NCAA Div III) and former Army Hockey Player (ATLANTIC HOCKEY NCAA Div I). Hockey Experience includes: Prep School (2 years), Junior A (3 years – EJHL, USHL, NAHL), NCAA Division 1 (1 year – West Point), NCAA Division 3 (1 year – Amherst College).

Luke Hannon

Current Waterloo Blackhawks (USHL) Hockey Player. Hockey Experience includes: Junior B (1 year), Prep School (2 years), Junior A (3 years – EJHL, USHL, NAHL, OPJHL), 2010 Eastern Junior A Hockey League All Star Game MVP, 2010 Beantown Classic Tournament All Tournament Team, 2010 NHL Predraft Showcase MVP.

Both have trained under numerous NHL, NCAA, Olympic, and other prominent strength and conditioning coaches including:

Andy Cambell - 2008-2009 Army Men's Hockey Strength and Conditioning Coach

Brian Remington - Colorado State Powerlifting Champion, Assistant Strength Coach Florida International University, former University at Buffalo Assistant Football Strength Coach

Max Prokopy - Amherst College Head Strength Coach, former Shattuck St. Mary's Head Hockey Strength Coach and University of Virginia Assistant Strength and Conditioning Coach

Andrew Donatello - Northwood School Strength Coach, advisor to U.S. Olympic Program

**SUMMER 2010 OFF-ICE TRAINING
WAIVER AND RELEASE OF LIABILITY**

Parental Consent (for skaters under the age of 18)

I, the undersigned acknowledge the inherent risks involved in ice hockey and all activities relating thereto. Accordingly and in consideration of being allowed to participate in any activities associated with Jake Hannon, I agree to the following:

1. I acknowledge and fully understand that I will be engaging in activities that involve risk of serious injury, which may include permanent disability and even termination of life, and severe social and economic losses which might result not only from my action, but also from the action, inaction, or negligence of others, through rules of play or the condition of the premises, or any equipment used and further that there may be risks not known to me or not reasonably foreseeable.
2. I agree that prior to participating in any activity associated with Jake Hannon, I will inspect the competition area and all equipment to be used, and if, through my inspection, I determine that anything related to that activity is unsafe, I will immediately advise my coach or an organizational official of this unsafe condition and will not participate until this condition is corrected.
3. I agree to assume all the foregoing risks and accept personal responsibility for my own damages following such injury, permanent disability or termination of life.
4. I release, waive, discharge, and covenant not to sue Jake Hannon, the arenas and/or all their respective agents, affiliates, associates, officials, directors, owners, coaches, referees, and employees (collectively "releases") from demands, losses, or damages on account of any injury, termination of life, or damage to property, caused or alleged to be caused in whole or part by releasees or any other party's actions, inactions, or otherwise, and agree to indemnify releasees from any and all third party claims caused in whole or in part by my actions.
5. I acknowledge that there is a no refund policy in place for these programs.
6. I acknowledge that the organizers will not be responsible for lost or stolen property.
7. I agree to permit Jake Hannon to use photographs, videos and/or other media for advertising, PR, or internal communications purposes.

I, the undersigned parent or legal guardian have read the above waiver and release and agree to its terms on behalf of my child and myself. I understand that by signing below I am giving up substantial rights on behalf of my child and myself.

Date of Application _____

Child Name _____

Birth Year _____ Month _____ Day _____

Parent Name _____

Parent Signature _____

Parent Email _____

Emergency Contact _____

Phone (1) _____

Phone (2) _____

Address _____

City, State, Zip _____

To secure your spot, please complete this form and bring it to your first session
or mail it with payment to:

Jake Hannon, Buffalo Prospects
Amherst Ice Center
1615 Amherst Manor Drive
Amherst, NY 14221
716-912-6712