UPCOMING PROGRAMS

ELITE SUMMER TRAINING TEAM

This high-intensity, small group training program will help players build the speed, strength and stamina they need to excel at the elite levels of female hockey.

Group 1 - National Team, College, PWHL, Midget:
2 hour off-ice training sessions, 5 days per week
Group 2 - Bantam and Peewee
1.5 hour off-ice training sessions, 3 days per week

Costs: (+GST)
Start May 11th (16 wks) - Group 1: $1500, Group 2: $950
Start June 8th (12 wks) - Group 1: $1320, Group 2: $810
Start July 6 (8 wks) - Group 1: $1080, Group 2: $660

ELITE SPRING TRAINING PROGRAM

This 4 week training program will help players to develop the speed, strength and stamina they need to stand out at elite tryouts and showcase tournaments.

Sessions run May 11th through June 5th
1.5 hour off-ice training sessions, 3 days per week

Costs:
4 weeks - $387 + GST
1 week - $129 + GST

All training sessions will be held at
Mind To Muscle in Mississauga (5448 Timberlea Blvd, Unit B)

Here are just a few of the UNIQUE benefits that *only* players on the Total Female Hockey Training Team will receive:

- ☑ The most comprehensive athlete development program available.
- ☑ Opportunity to train with other highly motivated players
- ☑ Chance to work with the best development coaches in female hockey
- ☑ Personalized Long Term Development Plan for each player
- ☑ Customized workout programs designed for your personal needs
- ☑ Participate in high-intensity, highly-effective group training sessions
- ☑ Access to all Total Female Hockey Player Development Workshops
- ☑ Complete access to the Total Female Hockey Mentorship Program
- ☑ Nutritional advice, mental performance plan & scholarship guidance.

No previous training experience necessary - just the desire to get better.

www.totalfemalehockeytraining.com

Total Female Hockey Training
REGISTRATION FORM

Participant's Name: _____
Address: _____
City: _____ Postal Code _____
Phone: _____
Email (parent's if under 18): _____
Birthdate: _____
Current Team/Level (ie Team Blue Bantam AA) _____
Registration for (please circle): Tryout Training 4 weeks 1 week
Summer Training 16 weeks 12 weeks 8 weeks
Cost (ie. 16 week summer - $1590 with GST): _____

☐ I am enclosing a cheque
☐ I wish to pay by credit card (please circle): Visa Mastercard

Credit Card #: _____
Expiry: ___/___ CSC (3 #s on back of card, far right): _____
Name on Card: _____

I authorize my credit card to be charged for the above free.

Cardholder Signature: _____

The participants and/or parents (if under age of 18) agree that Total Female Hockey and Mind To Muscle and their owners, agents and representatives will not held responsible for any accident, damage, injury or loss sustained in connection with participation in the program and expressly release the aforementioned parties from all claims arising from any such occurrence.

Name (parent's if under age of 18): _____
Signature: _____
Date: _____

If paying by cheque, please make cheques payable to Mind To Muscle and mail with this form to :
Mind To Muscle, 5448 Timberlea Blvd, Unit B Mississauga, ON L4W 2T7
If paying by credit card, you may fax a copy of this form to us at (416) 927-1938 or mail to the above address.
Once registration form and payment are received, we will contact you to confirm your spot in the program.

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