



TEAM DRYLAND TRAINING INFORMATION PACKAGE

IMPACT HOCKEY DEVELOPMENT TRAINING FACILITY

Welcome to the IHD Training Facility located inside Langley Twin Rinks. Our Training Facility is a 1500 square foot fitness centre thoughtfully designed to accommodate 16 athletes. We create an atmosphere where your team can be motivated to push beyond their limits surrounded by our team at Impact Hockey Development.

We are proud to offer the following each and every visit:

- Professional and Certified training staff
- Proven sport-specific training methods that are age-appropriate for all team sports
- A fun and safe environment that challenges all athletes regardless of age or skill level



WHY CHOOSE THE IMPACT TRAINING FACILITY

- Impact Training combines athletic development in a fun and physically demanding environment
- We understand that team-building is a critical element to the enjoyment of team sport and incorporate this into each training session
- Our goal is to teach correct body movement patterns that help support life-long sport achievement
- We strive to work with your team to develop a plan, building on their strengths and developing on their weaknesses to elevate your team to the next level
- Consistent training staff to foster healthy relationships and get the most out of each player



TAKE YOUR TEAM TO THE NEXT LEVEL...

Team strength and conditioning is a critical component to building the complete athlete which corresponds to creating a more complete team.

Dryland training will help teach your athletes the importance of dedicating time outside of games and practice to becoming the best athletic version of yourself. We believe that supplementing traditional sport specific practices with our training methods will see an increase in sport enjoyment, further athletic prowess a thirst for more!

All sessions are instructed by Impact Trainers with the following GOALS:

- Increase overall athletic development
- Create additional speed, power, endurance, mobility and strength
- Facilitate injury prevention with positive training habits
- Team bonding to help foster positive team culture
- Commitment to individual growth, allowing players to beyond limits



HOW TO BOOK YOUR TEAM TRAINING SESSION

1. Teams are encouraged to select their training times once they have a confirmed game and practice schedule.
2. When a team has secured their training time, this will be your weekly session for the balance of the season.
3. In the event of a conflict during the season, teams can move their training session if space is available to an alternate time.

***** We would like to offer a FREE TRIAL SESSION to any team interested in training with IMPACT *****



BUILD YOUR SEASON PLAN TODAY...

Our Team Training program is based on 20 training sessions throughout your season of play

20 Training Sessions = \$3,700 + gst

*** Additional training sessions are \$185 + gst ***

TO BOOK YOUR FREE TRAINING SESSION

PLEASE CONTACT:

ADMIN@IMPACTHOCKEYDEVELOPMENT.COM

