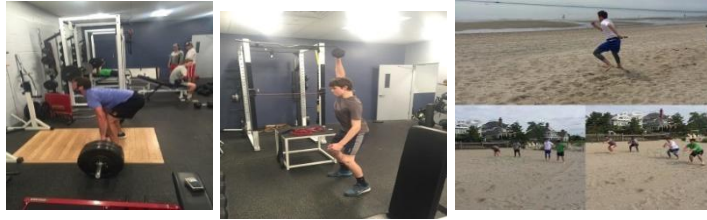


Pulaski Strength Elite Summer Hockey Program



Start date: June 1 – Sept 2, 2018

Contact: Peter Pulaski

203-362-9576

Email: Peter.R.Pulaski@gmail.com

Entails

FOUR- One Hour Training sessions

TWO- One hour skates Monday 9am (group 1) 4pm (group 2) Wednesday 9am (group 1) 4pm (group 2)

ONE- One Hour sports nutrition meeting covers (supplements, meal replacements, food choices, and custom meal plan)

ONE- Four phase custom hockey Lifting Program tailored to the player also a Performance screening.

Ages: 12 up

Group Size Options:

1 on 1 or Small group 3-5

(All groups or teams over 4 must set time prior to June 1, 2018 to ensure spot)

*Located inside the wonderland of ice, back of new rink.

Please stop in a say hello or inquire about summer*

Cost: All "Full" summer packages purchased by June 1, 2018 receive 15% discount

Full Summer including all above: \$3,200, Half Summer: \$1,850, Lifting Only: \$2,200, Just skating: \$1,200

Teams over 4 players: \$500 per player for package *

All Goalies 1/2 off total package (no payment for skate)

Group Times:

Monday: 9-10 am 10:30-11:30am 12-1pm 1:30-2:30pm 3-4pm

Tuesday: 9-10 am 10:30-11:30am 12-1pm 1:30-2:30pm 3-4pm

Wednesday: 9-10 am 10:30-11:30am 12-1pm 1:30-2:30pm 3-4pm

Thursday: 9-10 am 10:30-11:30am 12-1pm 1:30-2:30pm 3-4pm

Friday: 9-10 am 10:30-11:30am 12-1pm 1:30-2:30pm 3-4pm

Saturday: 7am - 12pm Open sessions/ make up

Our Mission:

Purpose driven Strength and Conditioning programs that allow for increased strength and speed optimal for athletic performance!

We provide a service like no other around! We teach our athletes the techniques popular in today's ever rapidly growing strength field so they can perform best within their given sports. Our staff provides a positive atmosphere conducive to each athlete regardless of physical ability, or previous strength and conditioning experience. We also encourage and provide sports performance nutrition plans. These nutrition plans allow for the reduction of inflammation which we know hinders athletic performance. When paired with training you can assure maximal results for each and every athlete.

All skating sessions, and training sessions are conducted by our staff at Pulaski Strength. Our staff has experience as high as the Pro Level, and we intend on making your child a better hockey player.

Outside skating instructors will be brought in for additional support to help kids with techniques and skating. We encourage a fun environment with the singular focus of getting your athlete to the next level.