



2011 On Ice Over-Speed Sessions

SKATERS OF ALL AGES AND LEVELS

"OVER-SPEED"

NEUROMUSCULAR SYSTEM TRAINING. USING PARACHUTE SPRINTS, "LET-GO" PARACHUTE SPRINTS, "OVER-SPEED" BUNGI CORD "TOW-SPRINTS", AND FOOT SPEED BELTS.

Thursday night sessions - Knickerbacker Rink, Lansingburg

April 14 through June 23 from 6:00 PM - 7:20 PM

Hockey Players and Figure Skaters

\$15 per session! Pay at the door on the weeks you go

Saturday afternoon sessions - Schenectady County Recreational Facility (SCRF), Schenectady

**April 16 through June 18 with the exception of May 7
from 4:00 PM - 4:50 PM**

Hockey Players of all ages and levels

\$10 per session! Pay at the door on the weeks you go

(The sessions at SCRF are in conjunction with the Open Hockey games. Hockey players are encouraged to stay for Open Hockey from 5:00 PM - 6:20 PM, for an additional \$10)

Sunday Dryland Training

12:45 PM - 2:00 PM at Cutting Edge Sport Sciences Gym

\$15 per session



Cutting Edge Sport Sciences

Dyke Naughton

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GET-EDGE

www.cuttingedgesportsciences.com

Call for more details.

Professional speed - strength training and consulting for all athletes!