

# Pre Tryout Clinics

# CUTTING EDGE

## On & Off Ice Training!

### HOCKEY PLAYERS 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.

**March 24 & 31 Monday's Off Ice: 5:45-7:00 PM On Ice: 8:00-9:15 PM**  
**April 7, 14 & 21 Monday's Off Ice: 5:45-7:00 PM On Ice: 8:00-9:15 PM**

<b>ANY SESSION:</b>	1.25 Hours of Off Ice Training	\$ 15	*Cutting Edge Sports Sciences	5:45 – 7:00 PM
	1.25 Hours of On Ice Training	\$ 25	@Albany County Hockey Facility	8:00 – 9:15 PM
	Both On & Off Ice Training	\$ 35		
<b>ANY 2 SESSIONS:</b>	2.50 Hours of Off Ice Training	\$ 28	*Cutting Edge Sports Sciences	5:45 – 7:00 PM
	2.50 Hours of On Ice Training	\$ 48	@Albany County Hockey Facility	8:00 – 9:15 PM
	Both On & Off Ice Training	\$ 68		
<b>ANY 3 SESSIONS:</b>	3.75 Hours of Off Ice Training	\$ 39	*Cutting Edge Sports Sciences	5:45 – 7:00 PM
	3.75 Hours of On Ice Training	\$ 69	@Albany County Hockey Facility	8:00 – 9:15 PM
	Both On & Off Ice Training	\$ 99		
<b>ANY 4 SESSIONS:</b>	5.00 Hours of Off Ice Training	\$ 48	*Cutting Edge Sports Sciences	5:45 – 7:00 PM
	5.00 Hours of On Ice Training	\$ 88	@Albany County Hockey Facility	8:00 – 9:15 PM
	Both On & Off Ice Training	\$128		
<b>ALL 5 SESSIONS:</b>	6.25 Hours of Off Ice Training	\$ 55	*Cutting Edge Sports Sciences	5:45 – 7:00 PM
	6.25 Hours of On Ice Training	\$105	@Albany County Hockey Facility	8:00 – 9:15 PM
	Both On & Off Ice Training	\$155	<b>BEST VALUE!</b>	

\* Off Ice Training held at Cutting Edge Sport Sciences – 10 Vatrano Road, Albany, NY 12205

@ On Ice Training held at Albany County Hockey Facility – 830 Albany-Shaker Road, Albany, NY 12211

CALL CUTTING EDGE SPORT SCIENCES AT **G-E-T E-D-G-E** (438-3343) FOR MORE DETAILS  
[www.cuttingedgesportsciences.com](http://www.cuttingedgesportsciences.com)

SPRING 2008

NAME (s) 1.		PHONE # ( )
2.		WORK # ( )
ADDRESS:		
AGE:	BODY WT.	E-mail:
HOCKEY EXPERIENCE/LEVEL		
NUMBER OF ON ICE SESSIONS DESIRED:		NUMBER OF OFF ICE SESSIONS DESIRED:

Make checks payable to: CUTTING EDGE SPORT SCIENCES – 10 VATRANO ROAD, ALBANY, NEW YORK 12205