

Pulaski Strength Elite Summer Hockey Program

Start date: May 29 – Sept 2, 2017

Entails:

FOUR- One Hour Training sessions

TWO- One hour skates Weds, and Fri @ 9 am

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** 2 on 1 **OR** 3 on 1

(All groups or teams over 4 must set time prior to May 1, 2017 to ensure spot)

Hours: 6am – 9pm Monday to Friday, Saturday 7am-1pm

Full Summer including all above: \$2,600 , Half Summer: \$1,300 ,
Lifting Only: \$2,000 , Just skating: \$1,500

Teams over 4 players: \$1,500 per player for package *

All Goalies ½ off total package (no payment for skate)

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.

Contact: Pulaski Strength

Peter Pulaski @ [203-362-9576](tel:203-362-9576) - Owner

Visit inside Wonderland of Ice, Back of Rink