



SUMMER 2016

# HOCKEY PERFORMANCE TRAINING

PROGRAM FOR YOUTH AND  
HIGH SCHOOL ATHLETES

9+

**HOCKEY TRAINING** STARTS  
AT 9+ YEARS OF AGE AND  
CURRENTLY PLAYING HOCKEY

12+

**EXOS PERFORMANCE  
TRAINING** STARTS AT  
12+ YEARS OF AGE

**SPACE IS LIMITED! TO SIGN-UP, CALL 507-266-9100**

To secure your preferred time, initially schedule ALL your sessions. ALL sessions require 24-hour advanced notice for sign-up if not previously scheduled.



**SPORTS  
MEDICINE**

## THIS SUMMER

# PROGRAM OPTIONS JUNE 13 – SEPT. 2 12 WEEKS

- Increase your strength and rotational power
- Sharpen your skating and shootings mechanics
- Decrease your injury risk
- Learn the best nutrition for optimal performance

## HIGH SCHOOL GRADES 9 – 12

High school and youth athletes can purchase any number of sessions within Hockey Only, Hockey + EXOS, EXOS Only. Once the package is purchased, the athlete will need to schedule the actual sessions that work best with their schedule based on the remaining availability of open slots.

### Hockey Skills and Blade

10 sessions, 60 minutes each	M, W, F at 8am or 11am	W at 10am	M – F at 4pm	T, Th at 2pm	\$120.00
20 sessions, 60 minutes each	M, W, F at 8am or 11am	W at 10am	M – F at 4pm	T, Th at 2pm	\$240.00

### EXOS Performance

10 sessions, 90 minutes each	M – Th at 8:30am or 2:30pm	F – Regeneration at 3pm	\$200.00
40 sessions, 90 minutes each	M – Th at 8:30am or 2:30pm	F – Regeneration at 3pm	\$700.00

## YOUTH GRADES 4 – 8

### Hockey Skills and Blade

10 sessions, 60 minutes each	M, W, F at 9am	T, Th at 1pm	T, W, F at 3pm	\$120.00
20 sessions, 60 minutes each	M, W, F at 9am	T, Th at 1pm	T, W, F at 3pm	\$240.00

### EXOS Performance (for ages 12+)

10 sessions, 60 minutes each	M – Th at 4pm	F – Regeneration at 3pm	\$200.00
Unlimited Monthly	M – Th at 4pm	F – Regeneration at 3pm	\$275.00

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To learn more, visit [sportsmedicine.mayoclinic.org](https://sportsmedicine.mayoclinic.org)



# SPORTS MEDICINE