

WINTER 2016 - 2017

IN-SEASON
HOCKEY
PERFORMANCE
TRAINING

SIGN-UP FOR MAYO CLINIC SPORTS
MEDICINE'S IN-SEASON HOCKEY
PERFORMANCE PROGRAM FOR YOUTH
AND HIGH SCHOOL ATHLETES!



9+

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

11+

EXOS PERFORMANCE
TRAINING STARTS AT
11+ YEARS OF AGE

SPACE IS LIMITED!

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

TO SIGN-UP, PLEASE CALL 507-266-9100!



**SPORTS
MEDICINE**

THIS SEASON

- Maintain your strength and rotational power
- Sharpen your skating and shootings mechanics
- Decrease your injury risk
- Learn the best nutrition for in-season performance

PROGRAM OPTIONS

NOV. 14 – MAR. 3

16 WEEKS

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 slots available.

HIGH SCHOOL (GRADES 9 – 12)

Hockey Skills and Blade

10 sessions, 60 minutes each	M, T, TH at 3pm	W, F at 4pm	T at 5pm	\$120.00
20 sessions, 60 minutes each	M, T, TH at 3pm	W, F at 4pm	T at 5pm	\$240.00

EXOS Performance Training

10 sessions, 90 minutes each	M - TH at 5pm	Regeneration Session F at 4pm – 60 minutes	\$200.00
20 sessions, 90 minutes each	M - TH at 5pm	Regeneration Session F at 4pm – 60 minutes	\$400.00

YOUTH (GRADES 4 – 8)

Hockey Skills and Blade

10 sessions, 60 minutes each	W, F at 3pm	T, TH at 4pm	TH at 5pm	\$120.00
20 sessions, 60 minutes each	W, F at 3pm	T, TH at 4pm	TH at 5pm	\$240.00

EXOS Performance Training (for ages 11+)

10 sessions, 60 minutes each	T, TH at 4pm	Regeneration Session F at 4pm – 60 minutes	\$200.00
20 sessions, 60 minutes each	T, TH at 4pm	Regeneration Session F at 4pm – 60 minutes	\$400.00

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To learn more, visit sportsmedicine.mayoclinic.org



SPORTS MEDICINE