



FALL 2016

PRE-SEASON
HOCKEY
PERFORMANCE
TRAINING

SIGN-UP FOR MAYO CLINIC SPORTS
MEDICINE'S PRE-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 for sign-up if not
previously scheduled.

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



**SPORTS
MEDICINE**

THIS FALL

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

PROGRAM OPTIONS: SEPT. 12 – NOV. 5 8 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 availability of open slots.

HIGH SCHOOL (GRADES 9 – 12)

Hockey Skills and Blade

10 sessions, 60 minutes each	M - F at 3pm	T, W, TH at 4pm	M, W at 6pm	Saturday at 10:30 am	\$120.00
20 sessions, 60 minutes each	M - F at 3pm	T, W, TH at 4pm	M, W at 6pm	Saturday at 10:30 am	\$240.00

EXOS Performance

10 sessions, 60 minutes each	M - F at 3pm	M - TH at 5pm	Saturday at 9am (90 min)	\$200.00
20 sessions, 60 minutes each	M - F at 3pm	M - TH at 5pm	Saturday at 9am (90 min)	\$400.00

YOUTH (GRADES 4 – 8)

Hockey Skills and Blade

10 sessions, 60 minutes each	M, T, W, TH at 5pm	Friday at 4pm	T, TH at 6pm	Saturday at 9:30 am	\$120.00
20 sessions, 60 minutes each	M, T, W, TH at 5pm	Friday at 4pm	T, TH at 6pm	Saturday at 9:30 am	\$240.00

EXOS Performance (for ages 11+)

10 sessions, 60 minutes each	T, TH, F at 4pm	Saturday at 10:30am	\$200.00
20 sessions, 60 minutes each	T, TH, F at 4pm	Saturday at 10:30am	\$400.00

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To learn more, visit sportsmedicine.mayoclinic.org



SPORTS MEDICINE