



HEARTLAND

Orthopedic Specialists

A Service of Douglas County Hospital

Sports Medicine

Peak Performance Hockey

Heartland Orthopedic Specialists is proud to announce our upcoming Peak Performance dryland program, geared towards all ages of hockey athletes. Peak Performance will provide your athlete with enhanced off-ice movement skills, increased speed, explosive stride power, first step quickness, functional hockey strength and rotary core power, which directly transfers to individual skating skills, puck skills, and game tactics.

Each session will be customized to your athlete's age group, ensuring that they are performing age appropriate skills. The program's specialization and complexity is adjusted as your athlete develops and reaches the next level of development.

Program Information

- **Location:** Runestone Community Center
 - **Session Dates:** Week of June 17 - July 22, 2013
6 week session - 12 to 18 hours of dryland training
 - **Age Sessions:** (Session days and times will correlate w/ ice time.)
Athletes will register for 2013-2014 team.
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|----------------------|--------------|
| Mites & U-8s - \$ 70 | U-10s - \$90 |
| Squirts - \$90 | U-12s - \$90 |
| Pee-Wees - \$90 | U-14s - \$90 |
| Bantams - \$90 | |

**Call or visit our website to reserve a spot for
your athlete today!**

Registration will open March 1!

(320) 335-6078

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