

## YSA DEVELOPMENT - OFF SEASON TRAINING PROGRAM "BANTAM & MIDGET SCHEDULE"



Location: The Rinks at Summit Centre "EAST RINK & ADI Training Facility (4th floor)"  
Address: 3600 Townline Rd, Abbotsford

| <u>Dates</u> | <u>Activity</u> | <u>Time</u>   |   |
|--------------|-----------------|---------------|---|
| July 12 - 15 | Dryland         | 9:45 - 10:45  | <b>What TO EXPECT...</b><br>**2 ice times per week<br>**4 dryland session per week<br>**individual skill development<br>**small group training<br>**Focus: SPEED / STRENGTH / POWER |
| July 13 & 15 | Ice             | 11:15 - 12:15 |   |
| July 19 & 21 | Dryland         | 9:45 - 10:45  |   |
| July 20 & 22 | Dryland         | 12:00 - 1:00  |   |
| July 20 & 22 | Ice             | 1:30 - 2:30   |   |
| July 26 - 29 | Dryland         | 9:45 - 10:45  | <b>What TO BRING...</b><br>**full hockey gear & jersey<br>**dryland equipment - shoes, shorts, waterbottle, small towel<br>**snacks   |
| July 27 & 29 | Ice             | 11:15 - 12:15 |   |
| Aug 3 - 6    | Dryland         | 9:45 - 10:45  |   |
| Aug 3 & 5    | Ice             | 11:15 - 12:15 |   |

YSA DEVELOPMENT - OFFICIAL BOOSTER CLUB OF THE YALE HOCKEY ACADEMY