



On-Ice "Early Bird" Club:

Our "Early Bird" clinics are designed to give your player some additional ice and training time in a small group setting. The 45-minute session will provide each player a challenging and progressive workout to get the day started. The small group format will ensure quality instruction at an individual level. Sessions will be facilitated by our site director, Liam McDonald. Our shower room is available to use before the kids head to school.

About Total Hockey™:

Total Hockey Training Systems offers the most advanced, off-ice, skill development and performance improvement programs and products available for hockey training.

About Our Rink:

Our 130' by 64' ice arena offers a smaller-than-standard rink design to intentionally speed up the game, improve response times and challenge players to their full skill potential.

BUILDING HEART, DRIVE & CONFIDENCESM

20775 Holt Avenue - Lakeville, MN 55044

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"EARLY BIRD CLUB"

*Winter On-Ice/Off-Ice
Before School Training*

Features:

- Fast-paced, on-ice training
- Lots of skating and puck work
- Small games
- 16 Sessions
- Tuesdays (On-Ice) & Thursdays (Off-Ice)
- 45 minutes per session

Dates:

Tuesdays & Thursdays: 10/21 through 12/16. No session on 11/27.

PeeWees/Bantams: 6:15AM-7:00AM

Adv.Mites/Squirts: 7:15AM-8:00AM

Limited to 12 players per time slot!



www.hdc-totalhockey.com

