



HARD CORE HOCKEY TRAINING 2010

Why Choose Hard Core Hockey Training?

Off season training and conditioning has become more than just an option, it is a MUST! All high performance athletes now train hard in the off season to take their game to the next level. Core strength, balance, speed, agility and quickness are just some of the traits that a hockey player must master for peak performance. *Hard Core Hockey Training* has created an opportunity for the serious player to get a jump on the competition in their sport.

Hard Core Hockey Spring/Summer Training

- 50+ hrs. of on ice and off ice physical training
- Sports nutritional consulting and assessments.
- NHL physical evaluation fitness test at start and end of program to track results
- Motivation and focus training.
- Goal setting strategies
- Devoted Ice time to “position specific” training
- Goaltender on ice instruction with Proformance Goalie School instructors
- Professional on and off ice training
- Specialized 1 on 1 training
- Seminar Guest speakers

Dryland training Monday, Thursdays and Saturdays

On ice trainings will be on Tuesday and Friday **beginning in July** up to training camp time in August.

This is a development program focused on the elite player. **Only players, presently playing Rep. or Junior and above levels will be accepted.**

Age group categories: 1996-97, 1995-1993, Major Midget/Jr. B, Jr. A/WHL/Pro

This is a development program only, there will be **no games** played.

Off ice conditioning has become as important as on ice skill development. This program offers both, with quality instruction and years of experience necessary to get your game to the next level.

DON'T JUST TRAIN, TRAIN HARD CORE!



Trainer Bios

On the Ice

Doneau Menard

Doneau has trained amateur athletes for over 15 years on and off the ice.
Former player for the New Westminister Bruins and Victoria Cougars of the WHL
BCHL for Merritt Centennials and New Westminister Royals
Captain Centennial Cup Finalist
Has been assistant and **Head Coach** in the BCHL for the **Chilliwack Chiefs**
Specialized experience in nutrition and proper supplementation
NCCP High Performance 1 Coaches Certification
Hockey BC, Best Ever U/16, Zone 4 Head coach, BC Cup Silver
Hockey BC, Best Ever U/17, Zone 3 Provincial Head coach, BC Cup Champions
Coach at Team Pacific U/17 provincial camp
Presently Head Coach of the Vancouver NE Chiefs, BC Major Midget League

Chris Harkness

Played College hockey for Concordia and in the BCHL for the Prince George Spruce Kings
Coached amateur athletes for over 12 years and specializes in skill assessment and individual skill improvement techniques
Former scout for the Langley Hornets of the BCHL
Presently Assistant Coach of the Vancouver NE Chiefs, BC Major Midget League

Derry Menard

10 years of professional experience in Europe and North America
Trained with the **Canadian National** Team under Tom Rennie
Former Professional for the IHL Kansas City Blades
CHL's Oklahoma Blazers and ECHL Johnstown Chiefs
College Hockey at Red Deer College
WHL's Moose Jaw Warriors
BCHL for Merritt Centennials and New Westminister Royals
BCHL Allstar, Defenseman of the Year

Sean Murray – Goaltenders

Sean has been instructing goalies for 16 years
Present goaltending consultant for the Vancouver Giants, WHL and UBC Thunderbirds
Consultant for the San Jose Sharks minor league team
President and Founder of ProFormance Goaltender School and Training Centre
Coached in the BCHL and PIJHL
Sean has been a master instructor for the legendary Vladislav Tretiak

AND MORE...

Off the Ice

Kevin Bandringa

Kevin has been a personal trainer for 11 years and has a Degree in Exercise Science.

Certified National Strength and Conditioning of America (NSCA)

Holds a BCPRA Athlete Assessment Certificate

Certified Twist Conditioning Movement Specialist

He has trained athletes for NFL Combine, ABA Basketball, Pro Hockey, Pro Rugby, Iron man triathletes and more...

Two Vancouver Canuck rookie camps

Former sports include, football, rugby, baseball, volleyball and college hockey

Doneau Menard

Doneau has trained amateur athletes for over 15 years on and off the ice.

Former player for the New Westminster Bruins and Victoria Cougars of the WHL

BCHL for Merritt Centennials and New Westminster Royals, Captain Centennial Cup

Finalist

Has been assistant and **Head Coach** in the BCHL for the **Chilliwack Chiefs**

Specialized experience in nutrition and proper supplementation

Sam Cook

Sam plays Lacrosse for the Sr. A Maple Ridge Burrards of the Western Lacrosse Assn.

Certified personal trainer for Hard Core Hockey and Hard Core Athletics Ltd.

Played Hockey for Firefighter World Summer Games in 2009

Hard Core Hockey Training Program Schedule

The Training program is scheduled at the following facilities:

On ice development will be at Planet Ice (Coquitlam and Maple Ridge) and Coquitlam arena. Players are expected to be there ½ hour prior to going on the ice to review the training program for the day. All ice times will be focused on skill and positional play. Ice sessions may be changed for group adjustments, size and positional instruction.

Hard Core Athletic Centre at Planet Ice Coquitlam for midweek Dryland Training. After the introductory session, players are expected to be warmed up and stretched prior to entering the small gym or weight room to maximize training instruction.

*Saturday sessions may be at locations given with prior notice for mountain terrain work. These will be rain or shine so proper clothing will be expected for inclement weather.

Program Dryland only Schedule May 27 to August 17			
Age group	Day/Dates	Location/Event	Time
*1996-1997	Monday/Thursday May 28 to June 26 June 29 to August 17	Hard Core Athletic Centre	5:00 PM 10:00 AM
*1995-1993 female	Tuesday/Friday May 29 to June 27 (Mon/Thurs.)June 29 to August 17	Hard Core Athletic Centre	Spring-6:00 PM Summer-10:00 AM
1995-1993	Monday/Thursday May 28 to June 26 June 29 to August 17	Hard Core Athletic Centre	6:00 PM
Major Midget	Tuesday/Friday May 29 to June 27 (Mon/Thurs.)June 29 to August 17	Hard Core Athletic Centre	Spring-7:00 PM Summer-11:30 AM
Junior	Monday/Thursday May 28 to June 26 June 29 to August 17	Hard Core Athletic Centre	7:00 PM 11:00 AM
Elite Pro	Monday/Thursday May 28 to June 26 June 29 to August 17	Hard Core Athletic Centre	8:00 PM 12:30 PM
All Groups	Saturday May 30 to August 15	Outdoor Cross Training	10:00 AM **
Program Ice only Schedule July to August 11			
Age group	Day/Dates	Location	Time
1995-1996	Friday	TBA	TBA AM
	Tuesday	TBA	TBA PM
1992-1994	Friday	TBA	TBA AM
	Tuesday	TBA	TBA PM
Junior	Friday	TBA	TBA PM
	Tuesday	TBA	TBA PM
Elite Pro	Tuesday/Friday	TBA	TBA PM

** There is no training on any of the Long weekends throughout the program in July and August.

* Times subject to change based on enrollment

PROGRAM PRICING	
Price after Feb 20, 2010 (post dated payments must be final before program begins)	\$1175 +GST
Price after Feb. 20, 2010 (post dated payments must be final before program begins)	\$ 1395 +GST

HARD CORE INFORMATION		
Last Name	First Name	Parent/Guardian Names
Address	City	Postal Code
Home Phone	Cell	Emergency number
Email Address @		Birth Date Y M D
Association/Club	2009/10 Team Played on	Height Weight
Preferred position	Shoot L R	

PAYMENT INFORMATION	
Cheques Mailed to Hard Core Hockey Ltd. 1627 McChessney St. Port Coquitlam, B.C. V3C-6E2 (604) 552-1929	Cheques
Visa, MasterCard or Amex accepted at Hard Core Athletic Centre located at Planet Ice Coquitlam	Credit card

I understand and agree, on behalf of my minor, child/ward, myself and heirs, assigns, personal representatives and next of kin, that my execution of this document constitutes an unqualified ASSUMPTION OF ALL RISKS associated with this participation in this program by my minor child ward even if arising from negligence, including any compounding or aggravation of injuries caused by negligent rescue operations or procedures, of the program organizer and any persons associated therewith or participating therein (including, but not limited to, Hard Core Hockey Training, Hard Core Athletics Ltd.,(Doneau Menard and Kevin Bandringa), and PROVIDE FULL AND FINAL RELEASE AND WAIVER OF LIABILITY of the program organizer and all persons and organizations associated with it and the program including, without limiting the generality of the foregoing, its officers, directors, officials, agents and/or employees, other participants, sponsors, advertisers, owners and/or lessors of the premises used to conduct the program, sanctioning bodies, medical rescue personnel (the RELEASEES), of and from with respect to all injury, disability, death or loss or damage to person, property whether arising from negligence or negligent rescue of or by the foregoing or otherwise, and an UNDERSTANDING NOT TO SUE the RELEASEES for any loss, injury, costs or damages of any form or type, howsoever caused or arising, and whether directly or indirectly from the participation of my minor/child in the program and an AGREEMENT TO INDEMNIFY and to SAVE and HOLD HARMLESS the RELEASEES and each of them, from any litigation expense, legal fees, liability, damage, award or cost, of any form or type whatsoever they may incur due to any claim made against them or anyone of them whether the claim is based on the negligence or the gross negligence of the RELEASEES or otherwise.

Parent or Guardian Signature

please print Name of Signed