

# 2009 – 2010 Hockey Training Season



Hockey players today are working harder than ever to enhance their individual skills and increase their contribution to their respective teams.

The strong competition that exists in the hockey world has these players and teams looking for both on and off ice conditioning programs to meet their goals.

At Endure Sports we offer on ice skills, shooting clinics, conditioning skating treadmill and a fitness centre all under one roof.

Our programs and instructors work with each team member to provide top physical conditioning and to develop their individual skills resulting in peak performance for each game.

Endure Sports now has limited room for teams to participate in our 2009–2010 Hockey Training Program

September 2009 – February 2010

- 10 sessions at \$35 / player / session
- 15 sessions at \$30 / player / session
- 20 sessions at \$25 / player / session

Our program consists of:

- ½ hour dry land.
- ½ hour skating treadmill.
- ½ hour shooting / goalie instruction.
- 5 players per station with instructor where players move to another station every ½ hour.

For further information please call.

**Endure**  
**SPORTS**

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