

Off-Season, Pre-Season & In-Season TEAM TRAINING AT



Increase Performance, Decrease Risk of Injury, Team Building!



MAJOR DISCOUNTS FOR PYH TEAMS!



ALL TRAINING SESSIONS INCLUDE:

- A comprehensive and developmentally appropriate program will be designed to meet the specific needs of your team based on age, experience level and training goals
- At least 2 Next Level Strength Coaches will be present at each training session (if more than 6 players)
- Nutritional advisement including pre and post game meals/ snacks, hydration and proper recovery guidelines
- Pre and Post Testing to monitor progress (12 or more sessions)

TEAM TRAINING PACKAGES OF AT LEAST 12 SESSIONS INCLUDE:

- 5 FREE Fifteen Minute Pre-Game Warm-up Sessions in the Next Level Facility at Thomas Creek (Must be scheduled in advance. Some restrictions may apply to due scheduling conflicts.)
- Each athlete on the roster will receive a 10% discount for ONE regularly scheduled Next Level Seasonal Group training program
- Each athlete on the roster will receive a 10% discount for ONE Rochester Hockey Academy Lesson

TEAM TRAINING (11 - 25 players)

- \$140/ 60 min session (12 or more sessions)
- \$160/ 60 min session (less than 12 sessions)
- \$105/ 45 min session (12 or more sessions)
- \$120/ 45 min session (less than 12 sessions)
- \$70/ 30 min session (12 or more sessions) (MITE/ BEG. ONLY)
- \$80/ 30 min session (less than 12 sessions) (MITE/ BEG. ONLY)

LARGE GROUP TRAINING (6-10 players)

- \$15/ 60 min session/ player
- \$12/ 45 min session/ player
- \$8/ 30 min session/ player (MITE/ BEG. ONLY)

SMALL GROUP TRAINING (3-5 players)

- \$20/ 60 min session/ player
- \$15/ 45 min session/ player
- \$10/ 30 min session/ player (MITE/ BEG. ONLY)

Additional Team Training Options:

- On-ice/ Off-ice Combo Programs
- "Brigade" Team Building Training Camps
- Off-Ice Combine Testing
- FREE Parent Seminars!
- Week Long Team Camps (full day and half day options)

Email NateV@TrainAtNextLevel.com or call 585-500-9324
to schedule your Team Training sessions today!