Next Level Total Hockey Training

Junior/ Prep School Total Hockey Training (THT 3)	
Program Description	**OFF-ICE:** This exclusive training group will be reserved for **current junior, prep school and elite 16-18UAAA players**. Our team of certified Strength Coaches will design an **individualized** off-season training program for each athlete based on their individual goals, in order to **decrease the risk of injury and maximize on-ice performance**. Consistent training times and group members will create a **highly competitive and motivating team-like environment!** Each session will focus on hockey specific injury reduction, power, speed, agility, strength and conditioning, within an intense group setting. There will be a limited number of spots available in this group to maintain an ideal coach to athlete ratio. **Jr/ Prep Total Hockey Training will also include:** ● Nutrition and lifestyle guidelines to maximize progress and recovery ● Weekly performance testing to monitor readiness and track progress ● Personalized TrainHeroic account to monitor daily readiness, track performance gains and provide an online training platform if players are unable to attend on-site training sessions ● VBT (velocity based training) technology ● Comprehensive injury prevention screening and individualized prehab ● Discounted Normatec recovery sessions with Mana Performance Therapy ● Next Level THT Gear **APPLY FOR OUR 2026 THT OFF-ICE SUMMER PROGRAM HERE!**

	ON-ICE (Optional): Francois Methot will use the latest in on-ice development methods to focus on individual skills and hockey IQ in a competitive group setting. Francois has helped countless Pro, College and elite level prospects reach the Next Level since retiring from professional hockey! ***On-Ice THT will be a separate/ optional registration***
Target Group	Current Junior, Prep School, Elite 16U-18U AAA
Weeks	10 Weeks Week of 6/15- Week of 8/17 *Unable to attend all 10 weeks, need to work around your schedule, or want to get an early start? Complete THIS FORM and be sure to include your scheduling situation.* ● **LATE REGISTRATIONS ACCEPTED IF SPOTS ARE OPEN!**
Day/ Time	**OFF-ICE:** 3 Days/ Week M,W,F **Jr/Prep THT 3:** 10-11:30am **ON-ICE:** ** Optional/ Separate Registration* M,W,F **THT 3:** 11:40am-12:50pm
Cost	**OFF-ICE ONLY:** ● **$1,350 (10 weeks)** ○ *Only $30/hr!* ● 3 equal payments of $450 (scheduled monthly autopay) ○ *Pay full amount up front and save 10%!* ● Partial participation option is available if spots are open ○ 8 weeks: $1,100 (2 payments of $550) **ON-ICE ONLY:** Click **HERE** for more On-Ice Jr/Prep THT info
To Register	**OFF-ICE ONLY:** To register, please complete **THIS APPLICATION** as soon as possible to reserve your spot. A Next Level team member will respond ASAP with more information. Limited spots are available, do not delay! Contact us to learn about partial participation options, or other training opportunities at Next Level. info@trainatnextlevel.com 585-500-9324 **ON-ICE ONLY:** Click **HERE** for more On-Ice THT info