

# 2012 AAA SUMMER PROGRAM

After the Success  
of our Pilot Program  
We are excited to  
offer the full scale  
"BUILDING A BEAST"  
Program

## BUILDING A BEAST!

### OFF ICE TESTING and Dryland Training

The most important  
component of our  
program. How complete  
of an athlete are you?  
Let's gather the data and  
find out!



### 8 HOURS ON ICE

Regimented training.  
Focus on high rate of  
occurrence skills and  
perfect reps. 4 on 4  
games Every Thursday



### DAILY WORK OUT AND NUTRITION TRACKING

Using the TRUE COACH APP  
We are able to formalize a  
daily routine. Teach the kids  
about the habits of a beast  
and hold them accountable  
by scheduling their daily  
commitments

# PROGRAM DATES

WEEK 1	2024-07-02 10:00-12:00 Chesswood 2024-07-03 10:00-12:00 Chesswood 2024-07-04 10:00-12:00 Chesswood 2024-07-05 10:00-12:00 Chesswood	WEEK 5	2024-07-29 10:15-12:15 Scotiabank Pond 2024-07-30 10:15-12:15 Scotiabank Pond 2024-07-31 10:15-12:15 Scotiabank Pond 2024-08-01 10:15-12:15 Scotiabank Pond
WEEK 2	2024-07-08 10:15-12:15 Scotiabank Pond 2024-07-09 10:15-12:15 Scotiabank Pond 2024-07-10 10:15-12:15 Scotiabank Pond 2024-07-11 10:15-12:15 Scotiabank Pond	WEEK 6	2024-08-06 8:15-10:15 Scotiabank Pond 2024-08-07 10:00-12:00 Scotiabank Pond 2024-08-08 11:00-1:00 Scotiabank Pond 2024-08-09 10:15-12:15 Scotiabank Pond
WEEK 3	2024-07-15 10:15-12:15 Scotiabank Pond 2024-07-16 10:15-12:15 Scotiabank Pond 2024-07-17 10:15-12:15 Scotiabank Pond 2024-07-18 10:15-12:15 Scotiabank Pond	WEEK 7	2024-08-12 10:30-12:30 Scotiabank Pond 2024-08-13 10:30-12:30 Scotiabank Pond 2024-08-14 10:30-12:30 Scotiabank Pond 2024-08-15 10:30-12:30 Scotiabank Pond
WEEK 4	2024-07-23 8:00-10:00 Scotiabank Pond 2024-07-24 10:00-12:00 Scotiabank Pond 2024-07-25 10:00-12:00 Scotiabank Pond 2024-07-26 10:15-12:15 Scotiabank Pond		

Dryland will be held 2 hours prior to skate.

Unless start is at 8 am- then after skate  
pick up time will be 1 pm

# HOW IT WORKS

Due to the very large waiting list. I will be offering this out in segments of 15. You will have 48 hours to book your spots before it is offered out the rest of the list. (You do not need to attend all weeks)

There are 7 weeks for this program-  
We will be doing Dryland prior to the skate, every day.

In order to gain admittance to the program, you must take part in the Fitness testing and workout program for the summer.

Our methodology relies on the data points to track improvements and identify areas for improvement. For us, this is by far the most important portion of this program. If you are only interested in the on ice portion, you will not be accepted into the program.



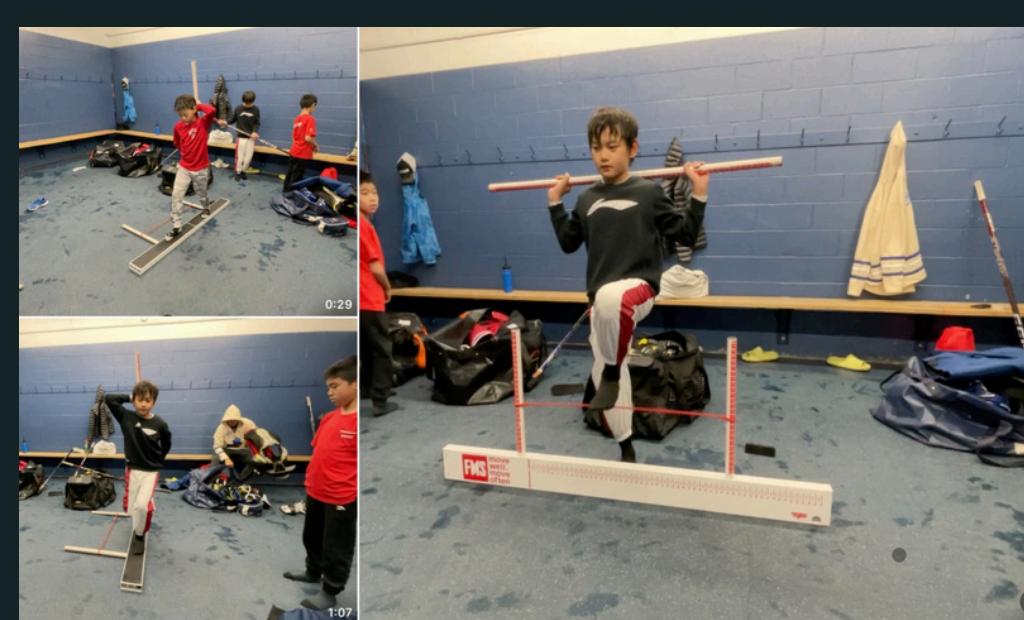
# Assessments

## FITNESS TESTING-

We will be doing fitness testing in June to gather all the relevant data points.

We will be incorporating a Nutrition tracking to teach the kids how much of an advantage it is to the fuel your body the right way.

After all these assessments are conducted we will deploy the TRUE COACH application which will give the kid's specific routines (mobility, workouts, shooting and recovery). that will work in sequence with the entire program.



# FITNESS BENCHMARKING

This is the most important portion of the program. Giving the player's quantifiable goals to the work towards.

This creates the hyper competitive environment that beasts will flourish in, working towards a target@

R	400 #1	Rank	% Drop off(2 vs 1)		% Drop off 3 vs 1		Total Time	Rank	40 YARD SPRINT		RANK		1 Mile Time		RANK	% Improvement		LH GRIP		RH GRIP		SIT AND REACH (CM)		BROAD JUMP #1		BROAD JUMP #2		TOTALS		OVERALL	
			400 #1	Rank	400 #1	Rank			40 YARD SPRINT	RANK	1 Mile	RANK	1 Mile	RANK		LH GRIP	RANK	RH GRIP	RANK	SIT AND REACH (CM)	RANK	BROAD JUMP #1	RANK	BROAD JUMP #2	RANK	TOTALS	OVERALL				
71	80	1	12.68%	2	#N/A		6.11			5	6:08	1	6:16	1	-2.17%																
74	76.5	2	3.38%	1	9.46%	1	231.5	1	5.87	1	6:09	2	6:23	2	-3.79%	68.2	2	64.2	2	4	8	74	3	78	3	27					
77	81.5	3	5.84%	3	14.29%	6	246.5	3	6.19	7	6:31	3	6:24	3	1.79%	45.4	10	49.8	11	8	5	74	3	78	3	57					
77.5	85	4	9.68%	8	13.13%	5	250.25	4	6.43	9	6:31	3	6:40	7	-2.30%	43	11	45.4	13	-3	12	60	11	64	11	94					
78	82	5	5.13%	4	5.77%	2	242.5	2	6.11	5	6:34	5	6:36	4	-0.51%	58.8	3	56.8	5	-3	12	72	6	72	6	57					
80	83.25	6	4.06%	5	11.25%	8	252.25	5	6.8	15	6:37	6	6:37	5	0.00%																
85	83.75	11	-1.47%	7	1.76%	3	255.25	6	6.27	8	6:40	7	6:37	5	0.75%	49	9	50.8	10	14	1	73	5	76	5	71					
87	87	15	0.00%	9	1.15%	6	262	8	6.77	14	6:45	8	6:45	8	0.00%	69.6	1	62.2	3	-1	11	68	9	64	11	95					
85.5	83.5	12	-2.34%	6	2.34%	4	256.5	7	5.93	3	6:53	9				53	7	56.4	6	4	8	67	10	68	9						
86.5	88.5	14	2.31%	10	5.78%	9	266.5	10	6.63	10	6:56	10				53.2	6	53	9	5	7	72	6	70	8						
86	96	13	11.63%	14	13.37%	12	279.5	12	6.7	12	7:06	11	7:18	12	-2.82%	34.4	13	45.6	12	11	4	56	12	68	9	124	1				
80	91	6	13.75%	11	16.25%	10	264	9	5.89	2	7:10	12	7:09	11	0.23%	56	5	61.2	4	6	6	80	1	82	1	69					
82	95.5	9	16.46%	13	24.39%	13	279.5	12	6.67	11	7:40	13	7:07	9	7.17%	51.2	8	53.2	8	2	10	72	6	72	6	106					
80.5	92.5	8	14.91%	12	18.01%	11	268	11	6.73	13	7:50	14	7:08	10	8.94%	42.2	12	56.2	7	12	2	54	13	60	13	115	1				
82	97.5	9	18.90%	15	25.00%	14	282	14	6.03	4	7:52	15	7:25	13	5.72%	56.4	4	67	1	12	2	78	2	82	1	80					

USING THE TRUE COACH APP  
THE MACK HOCKEY STAFF IS ABLE TO  
SCHEDULE THE KIDS ROUTINES THAT WORK IN  
SEQUENCE WITH THE ENTIRE PROGRAM

# TRUE COACH SCHEDULE CREATION

All players are expected to follow the program and ensure they hit every check mark for the day.  
The data points will show who has improved the most

You will also be tracking your food consumption and learning about nutrition. YOU WILL TRY NEW FOODS and you will gain an understanding of what optimal nutrition for a beast is!

The screenshot shows a mobile application interface for 'TrueCoach'. The top navigation bar includes icons for back, forward, search, and refresh, along with the URL 'app.truecoach.co' and a battery indicator. The main content area is titled 'Anaerobic Silver Stick Prep 6 week' with an 'Edit info' button. On the left, a sidebar lists 'Clients', 'Library', 'Programs' (selected), 'Payments', 'Referrals', and 'Teams'. A notification bubble in the bottom-left corner shows '703'. The main content area displays a 6-week workout schedule. Each week is divided into days, with each day containing multiple exercises. For example, Week 1, Day 1 includes exercises A) HALF KNEE... SET-UP, B) Heal Drops, C) 1-10 Ankle..., D) Foam Roll..., E) Gastrocne..., F) Soleus-Fo..., G) MONKEY..., H) Soleus/ G..., I) Retest squat, and J) 10 MINUT... B) Foam Roll. The interface includes checkboxes for marking tasks as complete, plus and minus icons for adjusting sets, and a 'Link Demo Video' button for each exercise. A video player for 'Speed Ball Dangles' is prominently displayed in the center of the screen. A message at the bottom right says 'IF YOU DO NOT HA...'.

# ON ICE PORTION

SKATE CATEGORY	Day	1st 30 Minutes	2nd 30 Minutes	3rd 30 Minutes	4th 30 Minutes
2012 "BUILDING A BEAST"	1	Skating	EdgeWork/ Puck handling/passing sequences	Scoring Set Piece ( 2 on 1, 2 vs 2, rims, zone entries)	4 on 4 Game
2012 "BUILDING A BEAST"	2	Skating	HRO Skill Development	Scoring Set Piece ( 2 on 1, 2 vs 2, rims, zone entries)	4 on 4 Game
2012 "BUILDING A BEAST"	3	Skating	HRO Skill Development	Scoring Set Piece ( 2 on 1, 2 vs 2, rims, zone entries)	4 on 4 Game
2012 "BUILDING A BEAST"	4	Edge work Warm up	4 on 4 Battle of the Beasts End of Week Tourney		

THE ON ICE PORTION  
WILL FOLLOW THE ABOVE STRUCTURE.

We will work on skating and edgework for the first 30 minutes. Generally stride and lateral movement technique, last 15 with pucks.

HRO (HIGH RATE OF OCCURENCE) TRAINING- We will work on rim technique, passing sequences, positional skills. our focus is to get as many reps as possible and become a master of what happens a lot in a game.

DAY 4 will be a game day 20 minute games of 4 vs 4. (warm up edgework prior)

# Cost

**\$400 (One time Charge)**

- **FITNESS TESTING**
- **TRUE COACH SUBSCRIPTION**
- **NUTRITION TRACKING**

**ON ICE AND DRYLAND**

- **8 HOURS ON ICE**
- **4 DRYLAND SESSIONS**

**\$699 PER WEEK**

## NEXT STEPS

We will be opening up registration in the next week.

It will all be done via the Booking section of the website [Admin@mackhockey.com](mailto:Admin@mackhockey.com)  
will send confirmation that your spot is secured