

2012 AAA SUMMER PROGRAM

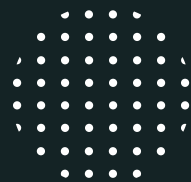
After the Success
of our Pilot Program
We are excited to
offer the full scale
"BUILDING A BEAST"
Program



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

	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	AA	AB	AC	AD
	400 #1	Rank	400 #1	% Drop off(2 vs 1)	Rank	400 #1	% Drop off 3 vs 1	Rank	Total Time	Rank	40 YARD SPRINT	RANK	1 Mile Time	RANK	1 Mile	% Improve ment	LH GRIP	RANK	RH GRIP	RANK	Sit and Reach (CM)	RANK	BROAD JUMP #1	RANK	BROAD JUMP #2	RANK	TOTALS	OVERALL	
	71	1	80	12.68%	2		#N/A				6.11	5	6:08	1	6:16	1	-2.17%												
e	74	2	76.5	3.38%	1	81	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	1
	77	3	81.5	5.84%	3	88	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	2
e	77.5	4	85	9.68%	8	87.75	13.23%	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	7
	78	5	82	5.13%	4	82.5	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	2
	80	6	83.25	4.06%	5	89	11.25%	8	252.25	5	6.8	15	6:37	6	6:37	5	0.00%												
in	85	11	83.75	-1.47%	7	86.5	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	5
ap	87	15	87	0.00%	9	88	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	8
	85.5	12	83.5	-2.34%	6	87.5	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	14	88.5	2.31%	10	91.5	5.78%	9	266.5	10	6.63	10	6:56	10				53.2	6	53	9	5	7	72	6	70	8		
	86	13	96	11.63%	14	97.5	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	11
	80	6	91	13.75%	11	93	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	4
	82	9	95.5	16.46%	13	102	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	9
	80.5	8	92.5	14.91%	12	95	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	10
	82	9	97.5	18.90%	15	102.5	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	6

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 displays the TrueCoach app interface on a mobile device. The top status bar shows the time as 9:25 AM on Thursday, May 2, with a battery level of 11%. The app's header includes the URL 'app.truecoach.co' and the title 'Anaerobic Silver Stick Prep 6 week Workouts | TrueCoach'. A sidebar on the left contains navigation options: Clients, Library, Programs, Payments, Referrals, and Teams. The main content area is titled 'Anaerobic Silver Stick Prep 6 week' and features a 'Truncate' toggle set to 'ON'. Below this, a grid of workout plans is shown for Week 1, spanning from Day 1 to Day 7. Each day's plan includes a list of exercises with their respective sets and reps. For example, Day 1 includes '5 MINUTES WARM ...', 'A) HALF KNE... SET- UP', 'B) Heal Drops 10 per leg', 'C) 1-10 Ankle... On one leg draw...', 'D) Foam Roll... Sit down or stan...', 'E) Gastrocne... Upper outside c...', 'F) Soleus-Fo... Lower Calves', 'G) Peroneals... Outside Leg foa...', 'H) Soleus/ G... Lean forward till ...', and 'I) Retest squat Retest your squa...'. A video player is overlaid on the screen, showing a person performing 'Speed Ball Dangles'. The video player has a play button and a title 'Speed Ball Dangles'. Below the video, there are links to 'Link demo videos' and 'Superset' options. The bottom of the screen shows a navigation bar with icons for home, search, and a chat bubble labeled 'CM'.

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
will send confirmation that your spot is secured