



# 2011 On Ice Over-Speed Sessions

## ***SKATERS OF ALL AGES AND LEVELS***

### ***"OVER-SPEED"***

NEUROMUSCULAR SYSTEM TRAINING. USING PARACHUTE SPRINTS, "LET-GO" PARACHUTE SPRINTS, "OVER-SPEED" BUNGI CORD "TOW-SPRINTS", AND FOOT SPEED BELTS.

#### **Thursday night sessions - Knickerbacker Rink, Lansingburg**

**April 14 through June 23 from 6:00 PM - 7:20 PM**

**Hockey Players and Figure Skaters**

**\$15 per session! Pay at the door on the weeks you go**

#### **Saturday afternoon sessions - Schenectady County Recreational Facility (SCRF), Schenectady**

**April 16 through June 18 with the exception of May 7  
from 4:00 PM - 4:50 PM**

**Hockey Players of all ages and levels**

**\$10 per session! Pay at the door on the weeks you go**

**(The sessions at SCRF are in conjunction with the Open Hockey games. Hockey players are encouraged to stay for Open Hockey from 5:00 PM - 6:20 PM, for an additional \$10)**

#### **Sunday Dryland Training**

**12:45 PM - 2:00 PM at Cutting Edge Sport Sciences Gym**

**\$15 per session**



**Cutting Edge Sport Sciences**

Dyke Naughton

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GET-EDGE

[www.cuttingedgesportsciences.com](http://www.cuttingedgesportsciences.com)

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