



## **HIGH INTENSITY ATHLETIC CONDITIONING/SKILLS TRAINING**

**SLAP SHOT HOCKEY SCHOOL IS GOING ON-LINE**

### **Why our Dryland program**

OUR UNIQUE INTENSE ATHLETIC CONDITIONING/SKILL SESSIONS WILL BE BASED ON HIGH INTENSITY INTERVAL TRAINING, ALONG WITH FUNCTIONAL FITNESS MOVEMENTS TO ENHANCE MOBILITY, BUILD SPEED, STAMINA AND ENDURANCE ON AND OFF THE ICE.

### **Our Head Instructor:**

OUR OWNER AND HEAD INSTRUCTOR GIANCARLO DI CHIAZZA AS OVER 21 YEARS OF COACHING EXPERIENCE AND HAS ACHIEVED A LOT OF SUCCESS AS A HEAD COACH IN MINOR HOCKEY. HE HAS WON NUMEROUS CHAMPIONSHIPS WHILE COACHING WITH THE VAUGHAN PANTHERS MINOR HOCKEY ASSOCIATION, INCLUDING MULTIPLE OHF CHAMPIONSHIPS WITH THE VAUGHAN PANTHERS.

### **SCHEDULE**

#### **DATES/TIMES**

**ALL SESSION TIMES:  
6:45 PM TO 7:45 PM**

**MONDAY JANUARY 25 2021  
WEDNESDAY JANUARY 27 2021  
MONDAY FEBRUARY 1 2021  
WEDNESDAY FEBRUARY 3 2021  
MONDAY FEBRUARY 8 2021  
WEDNESDAY FEBRUARY 10 2021  
WEDNESDAY FEBRUARY 17 2021**

MONDAY FEBRUARY 22 2021  
WEDNESDAY FEBRUARY 24 2021

To register please email [slapshothockeyschool@gmail.com](mailto:slapshothockeyschool@gmail.com) with your child's First Name, Last Name and Year of birth. You will at that point get a confirmation email with all payment info and zoom link.

**COST:**

LEVEL - HOUSE LEAGUE - \$12.00 + H.S.T

LEVEL - SELECT/A - \$15.00 + H.S.T

LEVEL - AA/AAA - \$20.00 + H.S.T

1 ON 1 TRAINING AVAILABLE AS WELL, CALL OR EMAIL FOR PRICING DETAILS

**PAYMENT:**

ETRANSFER : [slapshothockeyschool@gmail.com](mailto:slapshothockeyschool@gmail.com)

To register please visit our website [www.slapshothockeyschool.com](http://www.slapshothockeyschool.com) and fill out our on-line registration form. Once registered and payment is received 24 hrs before session, a zoom video link will be sent to you.

**\$2.00 FROM EACH PARTICIPANT PER SESSION WILL BE DONATED TO  
THE GORD DOWNIE FUND FOR BRAIN CANCER.**