

# Complete Core Athletics & Fitness

## 2010 Pre-Season Dryland Hockey Conditioning

*Janeene Gist*, Athletic Trainer and Lead Instructor, has great experience in training competitive athletes, specifically those involved in ice sports. She has spent this past spring working with AAA Spring Hockey teams and players, University Players and most recently NHL Players. This upcoming season she will expand her training into the College and University Programs working with both male and female athletes on and off the ice.

This program consists of 60 minutes of plyometric training, strength training, quick feet and agility exercises, ladder training and of course core strength training. Dryland conditioning can be done all year long and with athletes of all ages. It is essential in making your athlete quicker, stronger, faster and more agile. By combining all the aspects of hockey dryland into your training program your athlete will notice a significant difference in their physical strength, mental focus and ultimately in their game. We can improve balance and flexibility which will help reduce injury and increase performance. Space is limited and spots are filling fast. Reserve your spot by sending a completed registration package to the address below.

**Other information:** Bring a water bottle; large towel; bug spray, sunscreen, hat, stick, gloves and helmet. Please dress in layers for the weather and be sure to wear a good pair of cross training/running shoes.

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### Registration Form

Name :	Phone :
Address:	
AHC:	DOB:
Health Concerns:	
Email :	
Parents:	
Last Level Of Hockey Played:	Payment method (cash or cheque):

I \_\_\_\_\_ give my son/daughter \_\_\_\_\_ permission to participate in all activities and exercise programs provided by Complete Core Athletics & Fitness. In addition I have agreed to and completed and signed the attached waiver forming part of this registration.

\_\_\_\_\_  
Parent/Gaurdian Signature

\_\_\_\_\_  
Date

Please make your cheque payable to Janeene Gist (address below). Cheques will be cashed as received. Cancellations will be refunded in full until August 15, 2010. Once the dryland training session has begun, no refunds will be given.

Please mail a complete registration package to Janeene at Box 1727 Gibbons, AB T0A 1N0 or drop off at 5226-40<sup>th</sup> Ave Gibbons. This includes:

- Completed registration form (above)
- Signed liability form
- If necessary, a completed and signed PAR-MedX form. This is only necessary if you answered "Yes" to any of the questions on the PAR-Q. This form is available online at <http://uwfitness.uwaterloo.ca/PDF/parmedx.pdf>. Your doctor fills this form out.
- Payment
- Completed and signed PAR-Q form (15yrs+).