

# Summer 2011 Midget Satellite Hockey Functional Off-season Program



## MIDGET HIGH PERFORMANCE PROGRAM - Limited to group of 6 athletes.

This program will challenge and prepare athletes who will be playing at the Midget AA or AAA levels for the 2011- 2012 Season. This program will be facilitated by Chris Schwarz. Chris is the founder of FITQUEST and is the Head Strength and Conditioning coach with the Ottawa Senators. These programs incorporate cutting edge Sports Performance methodologies that have been used with numerous clientele at the NHL, AHL, Junior and other amateur levels. Before this program begins, all athletes will go through our Functional Screening and Fitness Assessment in order to identify any imbalances and / or deficiencies they may have.

Program will be run out of the Heritage Gym in Carleton Place. Athletes will be expected to be highly motivated and work independent of supervised training sessions. We will provide each athlete with a program and coaching 1-2 days a week. Each player will also be expected to train 3-4 days a week independently at their facility of choice under guidance of provided program.

**INCLUDED:** 1 Fitness and Functional Assessment  
4 Periodized programs ( 4 program phases )  
15 Supervised Coaching Sessions  
Nutritional guidance and online-coaching throughout summer.

**FOCUS:** Neuromuscular re-education and alignment  
Functional Core Strength  
Power  
Agility and Mobility  
Specific Energy system training

**COST:** \$600 plus hst. (payable in 2 payments). For more information please contact Chris directly at [chris@fitquest.ca](mailto:chris@fitquest.ca)

## SCHEDULE

DATE	TYPE OF SESSION	TIME	PLACE	INFO
MON MAY 16	ASSESSMENT	6PM-730PM	HERITAGE GYM	TESTING - ASSESSING SESSION COME READY TO TEST
TUES MAY 24	PHASE 1 PROG DEMO	6PM-730PM	HERITAGE GYM	ATHLETE WILL PERFORM PHASE 1 PROGRAM FOR 2 WEEKS INDEPENDENTLY AFTER DEMO
WEDS JUN 8,15,22	TRAINING SESSION	6-730PM	HERITAGE GYM	PHASE 2 - COACHING 1 DAY WEEK
TUES & THURS JUL 5,7,12,14,19,21	TRAINING SESSIONS	4-530PM	HERITAGE GYM	PHASE 3 COACHING 2 DAYS PER WEEK
TUES & THURS JUL 26 AUG 2,4,9,11	TRAINING SESSIONS	4-530PM	HERITAGE GYM	PHASE 4 COACHING 2 DAYS PER WEEK