



BE READY™



Team Training Development Programs 2017-2018 Season

Experience the Twist Difference

- **Twist Sport Conditioning Systems** - Peter Twist's world renowned sport conditioning system focuses on building movement, balance and strength through drills that translate directly into improving individual skills and game performance.
- **Experience**- The Twist training system has successfully optimized the performance of hundreds of Pro, National, College, Junior and amateur athletes world-wide.
- **Team of Specialists**- The Sport Conditioning Coaches of the Twist team are the most qualified in the industry. Our coaches are educated, experienced, athletic and highly skilled coaches who understand what it takes mentally and physically to get to the next level.
- **Customized Team Training Program**- Programs are tailored to the individual needs of each team.
- **Active Coaching**- The Twist active coaching philosophy ensures each athlete receives the appropriate intensity, postural and mechanical coaching, and progressions & regressions for their individual needs.
- **Private Sport Conditioning Centre** - The Twist Sport Conditioning Centre is designed for athletes. It provides a private setting highlighted by open space for movement skill training, and is equipped with specialized athlete conditioning equipment. The facility exudes energy, work-ethic, and passion.

Your team should be looking to greatly improve in the following areas:

- Starting Quickness/Acceleration
- Plyometrics/Leg Power
- Foot Speed and Reactivity
- Deceleration/Change of Speed
- On-Ice Strength and Power
- Agility and Change of Direction Skills
- Sport Specific Conditioning
- Skating Mechanics and Mobility

Team Training & Development Programs 2017/18 Season

Attention: Vancouver Thunderbirds Minor Hockey Coaches

Get your Team **TWIST STRONG** and **TWIST FAST** this season with Twist Conditioning's in-season and off-season training and development programs. Team Dryland available for Atom, Pee-Wee, Bantam & Midget.

Program Objectives:

- Developing more efficient and more effective movers on and off the ice
- Stronger, quicker, faster and more durable hockey players
- Identification and correction of bio-mechanical and physical deficiencies
- Developmentally appropriate program design using Twist's latest and most progressive hockey training methods (Strength & Power Development; Speed, Quickness & Agility; Energy System Development; Mobility & Recovery).
- In and Off-season strength, speed and conditioning improvements plus long-term athletic development
- Education: teach players the importance of training for hockey

Key Features:

- Each session is coached by 2 Twist Conditioning Coaches -1:10 coach to player ratio- Top Coaches in the industry
- Each Twist coach is essentially a part of the coaching staff. Communication between Lead Twist Strength and Conditioning Coach and Team Head Coach/Manager is key to team success!
- Hands-on coaching style and individualized instruction that focuses on teaching quality of movement
- Emphasis on error detection and movement correction
- Challenging, motivating and inspiring training environment (Train where the NHL players & Prospects train)
- 5,000 Square feet of Team Training space that includes all the latest hockey training tools
- Teams will learn a pre-game dynamic warm-up to use throughout the season
- Access to Twist Lounge for Team Meetings, Executive Meetings, and Fundraisers.
- Hockey Specific Testing – Measurable results with the Athletes Sports Index
- Return to Sport – Injury specific protocols for return to hockey
 - Concussion protocols - *Br J Sports Med doi:10.1136/bjsports-2012-091579 - Effect of sport-related concussion on clinically measured simple reaction time, Eckner, T. Kutcher, J. Broglio, S. Richardson, J.*
 - Shoulder/Groin protocols
 - Communication with integrated wellness team

OFF-ICE - TEAM SPRING TRAINING PROGRAMS

Elite - Full Season TEAM TRAINING PROGRAM *Recommended for A1 Teams*

Cost/session = \$215 per session (\$12.65/player/session 17 players) Total Sessions: 24-26

Dates: Sept – Feb - 2015 Sessions Per Month: estimated at 8

Includes:

- 2 training session per week
- Learning proper pre-game warm ups and recovery methods
- Complimentary Pre and Post Testing* Valued at \$800
- Access to Twist coaches for pre-game warm-up, team trainer duties, post game cool-downs.

Full Season TEAM TRAINING PROGRAM *Recommended for A1 Teams*

Cost/session = \$225 (\$13.25/player/session 17 players) Total Sessions: 12-16

Dates: Sept – Feb - 2015 Sessions Per Month: estimated at 4

Includes:

- 1 training session per week
- Learning proper pre-game warm ups and recovery methods
- Education on fitness, nutrition and hockey specific conditioning

Half Season TEAM TRAINING PROGRAM *Includes a weekly take-home workout*

Cost/session = \$245 (\$14.40/player/session 17 players) Total Sessions: 6-8 *over course of season*

Dates: Sept – Feb - 2015 Sessions Per Month: estimated at 2

Includes:

- Learning proper pre-game warm ups and recovery methods
- Education on fitness, nutrition and hockey specific conditioning

Note – by training in off peak times ie between 6 and 10am (best time for youth 7am before school), 1pm and 5pm in the afternoon (start times between 3pm and 4:15pm) or after 7:15pm (7:15 start times available) we can bring costs down 15 – 20%.

The first session is always free. If you want to bring your teams in for a trial to see what we do, we would be happy to arrange this.

“If you’re not getting better **everyday**... someone else is!”

TWIST HOCKEY CONDITIONING
& ATHLETE DEVELOPMENT PROGRAMS