

HOCKEY TRAINING CENTRE RICHMOND

To - Richmond Jets Minor Hockey Association

From - Complex Potent Hockey Training Facility - Richmond - proud Sponsor of the Richmond Jets Minor Hockey Association

Subject - 2018/19 Hockey Season Development Program

We have recently opened our hockey training facility across the street from the Richmond Oval, 2,400 sq. ft. with 4 distinctive stations for development: a skating treadmill, two shooting lanes, and one synthetic ice mini rink for stick-handling and passing.

Skating Treadmill - we follow the most sophisticated program designed by a team of physiotherapist and kinesiologists for creating an efficient stride/glide. We have been operating Complex Hockey Training - Langley (Complex Potent) for 8 years with superior results in assisting players of all ages develop their skating technique. All treadmill instructors are certified under the program including a written examination and practicum process.



Shooting, Stick Handling and Passing Instruction - a certified Base Fitting centre - we know the biomechanics of shooting/stick handling and understand how to deliver shooting instruction and properly diagnose players to enhance power and accuracy to improve shooting results.



Booking - 3 hour training slots for teams at **\$350** per team. We will provide 3 training instructors for the skill development at all stations which includes a certified skating treadmill operator. (standard rates are \$385 - 2.25 hours for a team)



Training Process - 8 players (or half the team) will visit the facility for 1.5 hour intervals. Three hours are reserved for the team regardless if the team roster size. Each visit will typically consist of watching a video so it is important for the sessions to start on time and any warmup done in preparation for start times. Teams will have three groups (3-3-2, 3-2-2) as they move amongst the three stations of the training centre - two shooting lanes, stick-handling / passing, and skating treadmill.

Specialize Programs Available Upon Request

Shooting clinics, Defense training, Power skating - based on your team's needs

Contact For Booking Your Team....

Email - complexpotenthockey@shaw.ca, complexadmin@shaw.ca

Phone - 604 276 8558

Emergency Contact - Jason 604 340 9182, Paul Whintors 604 329 6736

Address - 120 - 6851 Elmbridge Way - Richmond (across from the Oval)

