



OFF-ICE STRENGTH & CONDITIONING AT MINNESOTA TOP TEAM



2012 Summer Training
Age/Level: Boys Bantam to Varsity
June 11 - August 24, 2012 (30 sessions)
Monday/Wednesday/Friday
3:15-4:15pm
Minimum class size: 10 Maximum: 24

Cost: \$420



Minnesota Top Team
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Eagan, MN 55122
www.minnesotatopteam.com
Contact us for more information:
info@minnesotatopteam.com

Strength and conditioning at Minnesota Top Team

Our strength and conditioning for athletes:

MTT offers a challenging training program for athletes that ensures they are getting stronger, faster, and are developing the proper muscle groups to enhance performance and prevent injury. While our list of clients include athletes from the MN Swarm, MN Wild, LA Kings and NHL, Junior and College level, one of our primary areas of focus is to get younger athletes exposed to a similar style workout that is challenging and teaches them to train at a pro level.

The athletes will focus on hockey-specific strength and endurance drills, circuit training, core conditioning, and boxing conditioning. Our training is tough and results driven and will show these young athletes what it takes to make the next level.

Space is limited to only 24! Sign up today through paypal: jennie@minnesotatopteam.com make sure to include the name and age of the participant. Waivers must be signed on or before the first day of training.