

# GLENBROOK SOUTH HOCKEY OFF-ICE DEVELOPMENT CAMP

June 11th - August 11th



- **Program:**
  - The summer training sessions will work towards developing total athleticism of each athlete along with team building and chemistry. Athletes will go through intensive mobility and movement corrective exercises, skill development (speed, change of direction, jump, acceleration and deceleration) and have a dedicated weight program. This will be run as a college level program where attendance is extremely important in order to maximize the time and training. An all-inclusive program that focuses on every aspect of training is essential for developing the advanced athlete. At Tactic Sports Performance, the dedication we will put into the GBS players will be world-class. State championships are what we desire, the weight room is where we get the outcome.
  - **The Hockey Development Sessions will improve:**
    - Injury Prevention (common and checking injuries)
    - Overall Strength / Explosiveness
    - Speed / Agility / Acceleration - Deceleration
    - Rotational Power
    - Shoulder - Elbow - Wrist Strength / Stability
    - Core Strength / Stability
    - Balance and Coordination training
- **Pricing:**
  - \$450 - Discount of \$50 available if missing considerable amount of time. Must be discussed with Casey before purchasing. Max participation is highly encouraged to get full benefit.
- **Metric Testing:**
  - Athletes will perform baseline and program completion testing
  - Ideal for showing progression and to highlight limitations and imbalances
- **Nutrition Overview:**
  - Group Nutritional Counseling - How and when to fuel, healthy ways to gain mass, etc.
- **Scheduling:**
  - **Please see the attached schedule below**
  - \*If enrollment is high, athletes will be separated into groups and assigned a time\*
  - **Schedule and group assignments are subject to change based on class needs.**
- **Additional Information:**
  - Group MAY have field trip to military base for a day of team building exercises (in works)
  - Athletes may be asked to become "Big Brother" to a Stars player and train with them during the summer time at specific workouts (in works)

**Please email [info@tacticsp](mailto:info@tacticsp) to RSVP by 05/31/2018**

**Payment by Cash or Check preferred**

# Example of Metric Testing Sheet:

## ATHLETE PROGRESS REPORT

**JASON TREMBLAY**

AGE 25

HEIGHT 5'10"

WEIGHT 175 lbs

### GENERAL INFORMATION

BEFORE AFTER

TEST #: 1 2

TEST DATE: Aug, 09 Aug, 09

### POWER PROFILE

BEFORE AFTER

NCM JUMP (in) 28.2 29

CM JUMP (in) 474.5 508

HARMANN AP 474.5 508

APPROACH JUMP (in) 120 125

BROAD JUMP (in) 100 105

L LATERAL BOUND (in) 65 70

R LATERAL BOUND (in) 70 75

SEATED MB THROW 120 125

10 yd SPRINT (s) 2 1.5

20 yd SPRINT (s) 3 2.5

5-10-5 AGILITY (RIGHT) 7 6

5-10-5 AGILITY (LEFT) 8 7

5-10-5 AGILITY (AVERAGE) 7.5 6.5

300 YARD SHUTTLES (s) 66 66

### INJURY STATUS & HISTORY

1. PREVIOUS RIGHT CUFF INJURY

2. CURRENT LEFT HIP FLEXOR SYMPTOMS

3. LINGERING LEFT ANKLE RESTRICTION

4. PREVIOUS LOW BACK ISSUE

5. N/A

### PERFORMANCE PROFILE

BEFORE AFTER

HANG CLEAN 335 x 3 345 x 3

CLEAN 285 x 1 295 x 1

SNATCH 435 x 2 445 x 2

BACK SQUAT 335 x 5 345 x 5

DEADLIFT 235 x 12 245 x 12

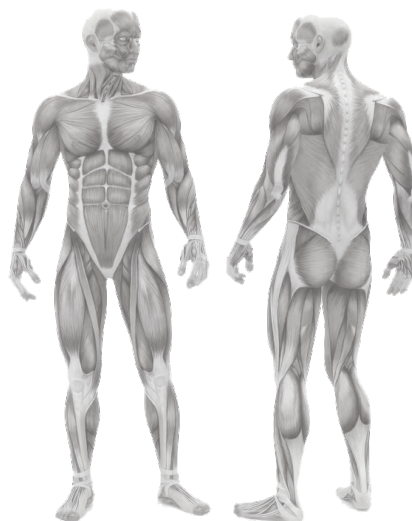
TRAP BAR DEADLIFT 425 x 5 445 x 5

BENCH PRESS 395 x 5 405 x 5

PUSH-UP 173 x 75 175 x 75

PULL-UP 173 x 40 175 x 40

### KEY AREAS



### THE BIG 3

APPROACH JUMP (in)



5-10-5 AGILITY (RIGHT)



TRAP BAR DEADLIFT



**ATHLETE REPORT CARD**

Tactic Sports Performance  
 1885 Holste Rd  
 Northbrook, IL 60062  
[www.tacticsp.com](http://www.tacticsp.com)  
 (224) 326-2367



**TACTIC**  
 SPORTS PERFORMANCE

**SUMMER 2018**  
**JUNE 11TH - AUGUST 19TH**

	MON-	TUE-	WED-	THU-	FRI-	SAT-
9 am :30						Advanced 9:00 - 10:30AM
10 am :30	Advanced 10:00 - 11:30AM		Advanced 10:00 - 11:30AM		Advanced 10:00 - 11:30AM	Intermediate 10:00am - 11:00AM
11 am :30						Hockey Development Group A
12 pm :30	Intermediate 11:30am - 12:30PM		Intermediate 11:30am - 12:30PM		Intermediate 11:30am - 12:30PM	10:30-11:30PM Hockey Development Group B
1 pm :30						11:00pm - 12:00PM
2 pm :30	College 2:00-4:00PM	College 2:00-4:00PM	College 2:00-4:00PM	College 2:00-4:00PM		GBS HOCKEY Combined Group Weightroom Only
3 pm :30						12:00 - 1:00PM
4 pm :30	Advanced 4:00pm - 5:30PM	Advanced 4:00pm - 5:30PM	Advanced 4:00pm - 5:30PM	Advanced 4:00pm - 5:30PM		
5 pm :30	Hockey Development	Intermediate 5:00pm - 6:00PM	Hockey Development	Intermediate 5:00pm - 6:00PM		
6 pm :30	GROUP B 4:45 - 5:45PM	GBS HOCKEY Yellow Group	GROUP B 4:45 - 5:45PM	GBS HOCKEY Yellow Group		
7 pm :30	Hockey Development GROUP A 5:45 - 6:45PM	5:30-7:00PM GBS HOCKEY Blue Group	Hockey Development GROUP A 5:45 - 6:45PM	5:30-7:00PM GBS HOCKEY Blue Group		
8 pm :30		6:15 - 7:45PM		6:15 - 7:45PM		
:31						
:32						
:33						