

# Spring Training for Try-outs!



- Pre & Post Testing
- Hockey treadmill skating
- Off-ice workouts
- Shooting & Puck handling
- On-ice sessions

## Package #1

6 treadmill sessions  
3 shooting sessions  
3 off-ice sessions  
2 on-ice session  
**= \$550**

## Package #2

4 treadmill sessions  
2 shooting sessions  
2 off-ice sessions  
1 on-ice session  
**= \$350**

### ON-ICE SESSIONS

**4/11/21 & 4/18/21**

\*Times TBA

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\*\*ALL SCHEDULING IS COMPLETED ONLINE  
\*\*OFFER EXPIRES 4/5/21

**STYNER**  
SPORTS TRAINING 