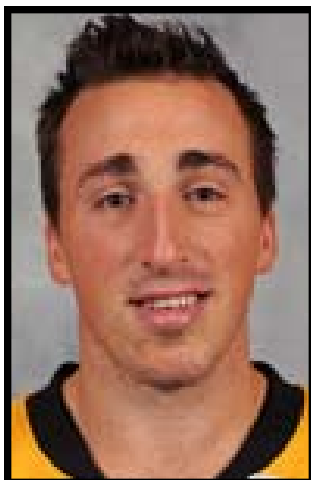


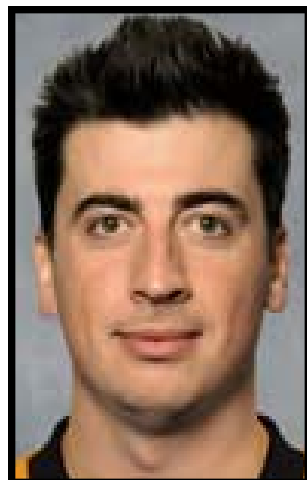
# Townshend Hockey Skating Systems Newsletter

June 2011

## Congratulations!



The staff at Townshend Hockey would like to wish Townshend Hockey Students Brad Marchand and Tomas Kaberle of the Boston Bruins, the best of luck in the Stanley Cup Finals. Graeme is a former Bruin and he is very proud of you guys!



Get Free Video Tips  
and Techniques  
from Graeme at:  
[proskatingcoach.com](http://proskatingcoach.com)



**Mental Training**  
[www.theplayersmind.com](http://www.theplayersmind.com)



[www.AdvanceMyAthlete.com](http://www.AdvanceMyAthlete.com)

## Off Season Training

It is that time of year when many of you are finishing up a spring sport and are starting to look toward the summer hockey camp season. With schools closing this month for the summer and increased "free time", we thought it would be timely to share some workout and conditioning ideas to get you ready for all of the skating, stick handling and dryland training that awaits you in the coming weeks.

This sample work out is appropriate for ages 14-20 and is meant to be done 3 days per week. (Cont'd on page 2)

Townshend Hockey would like to announce its new partnership with Sher-Wood Hockey. Sher-Wood is the world leader in hockey stick technology and has been for decades. You will all of our instructors proudly using their products this summer.

This year Sher-Wood has introduced a new stick called the T-90. Kids will love the performance parameters of this stick and parents will love the price. Sher-Wood takes pride in leading the industry with top quality equipment that lasts and at prices people can afford.

Look for Sher-Wood products and demonstrations at our Toronto and Boston area camps this Summer.

[www.TownshendHockey.com](http://www.TownshendHockey.com)



Become a fan of Townshend Hockey on Facebook



We are looking for a certified medical trainer and equipment manager for our Boston Camp. E-mail us at townshendhockey@yahoo.com



“Practice until you get it right, then practice until you can’t get it wrong”

We are always looking for future newsletter content. If you have something to share, please email it to us at:

[townshendhockey@yahoo.com](mailto:townshendhockey@yahoo.com)

**3 Day Workout Program ages 14-20 yr. old**

**DAY 1**

- Dumbbell Snatch
- Front Bridge
- Chin Ups
- Double Sumo Deadlift w/weight
- Dumbbell Row
- Split Squat -2nd week add weight if able
- Shoulder Circuit: T-W

**DAY 2**

- Bench Press
- Side Bridge
- Standing Overhead Press
- 1 Leg SLDL
- 2 leg Hip Thrust- off bench (add weight after 2nd week)
- Groin Pad Squeeze
- Push ups
- Scapulae Push Ups

**DAY 3**

- Jump Squats
- Ball Rollouts
- Inverted Row
- Lunges
- Push ups—elevate feet if able
- Overhead Squat w/ hockey stick
- 1 leg hip lift

**CONDITIONING—to be done after lifts**

- > Treadmill Sprints :20 sec sprints/ :40 sec rest
- >Bike Sprints 1 min sprints/ 1:30 min rest
- If available: Sled Pushes

**Time is running out! Spots are filling up quickly. We have the following spots open at our camps:**

<b>Toronto July 4-8</b>	<b>10 spots remain</b>
<b>Toronto Super Camp July 10-15 (day/boarding)</b>	<b>3 spots remain</b>
<b>Toronto July 11-15</b>	<b>18 spots remain</b>
<b>Boston July 17-24 Senior Chowder Cup Camp and Tournament</b>	<b>4 spots remain</b>
<b>Boston July 24-29, Super Camp (day/boarding)</b>	<b>2 spots remain</b>
<b>Boston July 31-August 5 (scoring and defensemen)</b>	<b>SOLD OUT - waiting list only!</b>
<b>Boston August 7-12 (hockey skating and transition)</b>	<b>10 spots remain</b>
<b>Midland, ON</b>	<b>15 spots remain</b>
<b>Buffalo August 22-26</b>	<b>5 spots remain</b>
<b>Oakville, ON (Girls)</b>	<b>20 spots remain</b>